The METROPOLITAN COOK BOOK

METROPOLITAN LIFE INSURANCE COMPANY

PACIFIC COAST HEAD OFFICE
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THE METROPOLITAN LIFE COOK BOOK

COOKERY means carefulness and inventiveness and willingness and readiness of appliances. It means the economy of your grandmothers and the science of the modern chemist; it means much testing and no wasting; it means English thoroughness and French Art and Arabian hospitality.—RUSKIN

METROPOLITAN LIFE INSURANCE COMPANY
1925

RIGHT living is largely dependent on healthful eating. It is sometimes a difficult question to feed the family with nourishing food and at the same time give them the variety which quickens the appetite. It is to help the housewife in her everlasting question, "What shall I have for dinner to-night?" that this book has been prepared. We hope that you will find it useful and helpful.

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The Food We Eat

PROPER FEEDING means more than having enough food —it means the right kind of food. To be well nourished we need a balanced diet. There should be a liberal amount of fruits and green vegetables for they maintain and build blood and bone, regulate the body and furnish it with roughage.

Meat, fish, milk, cheese and dried beans and peas which build muscle and repair tissue should also have a place in the diet. Science tells us that meat in small quantities is necessary for a healthful diet. Children should not have meat more than once a day; adults also can get along very nicely with meat once a day.

We need foods which produce heat and energy such as starches found in cereals or grains, bread, flour mixtures and the starchy vegetables and sugar molasses, sirups and preserves.

Fats, which are found in oil, butter, cream, fat meats and nuts should be eaten in moderation.

A Few Useful Suggestions

It pays to buy clean food from clean stores.

It is cheaper to buy in larger quantities.

Food should be kept clean and covered.

Milk and cream should be kept covered in an ice-box.

Salad plants should be washed and left in a cheesecloth bag in an ice-box before serving.

Meat and fish should be taken out of paper wrappings when put in an ice-box.

Cheese should be wrapped in a clean cloth, dampened in vinegar, and kept in a cool, dry place.

Flour, meal, powdered sugar and soda should be sifted before measuring.

Mustard and baking powder settle in the can and should be stirred lightly before measuring.

Salt or sugar lumps should be broken before measuring.

One tablespoon cornstarch thickens as one egg.

One egg equals one-half teaspoon of baking powder.

BEVERAGES

COFFEE

Coffee should be purchased for family use in small quantities freshly roasted and finely ground. Many kitchens are equipped with a coffee mill. This makes it possible to grind the coffee as needed. Ground coffee should be kept in air-tight tins, because it loses its aroma and flavor quickly.

FILTERED COFFEE

6 tablespoons finely ground coffee — 6 cups boiling water

Put coffee into filter and pour the freshly boiling water over it gradually. After water filters through coffee (it must be kept hot), pour off and return a second time, and sometimes a third time. Remove strainer before serving. If stronger coffee is desired, use 1½ tablespoons coffee for each cup water.

BREAKFAST COFFEE

½ cup finely ground coffee — 4 cups cold water

The usual rule is 2 level or 1 rounded tablespoon of coffee for each cup served. Add the cold water to the finely ground coffee and let heat gradually over a slow fire. After the coffee boils up three times, remove. Let it stand where it will keep hot for several minutes and then serve.

NOTE.—Keep the inside of the coffee pot scrupulously clean, as coffee absorbs odors and flavors most readily. Always scald the pot before using.

ICED COFFEE

Prepare a strong coffee. Fill tumblers half full of cracked ice and add to it the coffee. Add sugar and whipped cream to taste.

TEA

Freshly boiled water should always be used in making tea. This is important because water below the boiling point does not develop the full flavor of this beverage. Scald an earthenware teapot, put tea in, allowing 1 teaspoon of tea to each cup of freshly boiling water; pour over it the boiling water; cover closely; let stand for three to five minutes without boiling; pour at once. It is advisable to strain tea from grounds. A tea-ball may be used, and allow the same proportion of tea to water. Place tea-ball in cup, and pour over it freshly boiling water. Remove tea-ball in a minute or more, according to strength desired.

COCOA

2 tablespoons cocoa — Pinch of salt — 1 pint scalded milk
2 tablespoons sugar — 1 pint boiling water

The general rule is ½ tablespoon of cocoa and of sugar for each cup liquid (half each milk and water).

Mix sugar, cocoa and salt, stir in boiling water, a little at a time and mix thoroughly. Boil about five minutes, then combine with scalded milk. Beat with egg beater before serving. Serve with additional sugar and whipped cream, if desired.

CHOCOLATE

2 ounces chocolate — 1 pint boiling water — Sprinkle of salt
4 tablespoons sugar — 1 pint scalded milk

Use ⅛ square of chocolate and 1 tablespoon sugar for each cup liquid. Break chocolate into pieces and melt over hot water. Add sugar, salt and boiling water, and stir until smooth and glossy. Let cook about five minutes. Add part of hot milk, and when well mixed, pour into rest of milk. Let stand over fire about five minutes. Beat well with egg beater.

Less water and more milk may be used, if desired; ½ teaspoon ground cinnamon may be mixed either with cocoa or chocolate when sugar is added if additional flavor is liked. Or ½ teaspoon vanilla may be added.

FRUIT PUNCH

4 cups hot water — 1 small can chopped pineapple — Juice of 4 oranges
2 cups sugar — Juice of 3 lemons — 1 bottle soda pop

Prepare a syrup of the water and sugar and boil fifteen minutes, cool, add fruit and soda pop, add enough ice-water to make three and one-half quarts of punch. This fills eight and one-half water-glasses or twenty-five punch glasses.

GRAPE-JUICE LEMONADE

Juice of 3 lemons — 2 cups grape juice — Enough ice-water to
½ cup sugar — make a quart

Combine ingredients in the order given. Chill for half an hour. Serve in each glass a thin slice of lemon from which the seeds have been removed. This quantity will serve six water-glasses or eighteen punch-glasses.

CEREALS

Cereals Are Valuable and Inexpensive Food.—Cereal mush or other cereal dishes with milk for breakfast furnishes a meal of excellent food value. It is a good plan to have several different kinds of cereal preparations on hand so that there may be a change from day to day. Corn and oat preparations furnish particularly good winter foods. Corn meal, oatmeal, rice and hominy grits are cheaper than the ready to eat breakfast foods. Cereals are rich in starches and should be thoroughly cooked.

Cereal With Fruit.—For variety, cereal may be cooked with well washed dates, raisins or dried appricots or peaches. Slices or sections of fresh apples, peaches and pears may be added during the last 30 minutes of cooking.

Stewed cereal may be served with any fruit previously stewed, or fresh fruits, or the cereal may be cooked in strained fruit juice or milk instead of water.

Cereal as a Vegetable.—Left over cereal may be sliced when cold and fried for luncheon or supper. Cereal cooked in soup stock or with meat and seasoned with salt and pepper and butter may be used as a potato substitute.

Cereal as a Dessert.—It may also be molded in cups or individual molds and served with fruit and whipped cream or a pudding sauce for a simple dessert.

GENERAL DIRECTIONS FOR COOKING CEREALS

Use a double boiler or two sauce pans, one a trifle larger than the other. Fill the larger sauce pan or lower part of double boiler ⅔ full of water and put the water needed for the cereal in the other vessel. When the water boils add the salt and cereal slowly so that the water does not stop boiling and let boil for ten minutes. Place the pot with cereal into the double boiler and cover and let steam. If the cereal seems to be too thick, add boiling water. The oatmeal, hominy and other coarse grain cereals are improved by soaking over night in water. They should be cooked in the water in which they have been soaked.

TIME TABLE AND DIRECTIONS FOR COOKING CEREALS

	Water	Cereal	Salt (teaspoon)	
Oatmeal	4 cups to	1 cup	1½	3 to 4 hours
Rolled Oats	2½ cups to	1 cup	1	½ to 1 hour
Rice (boiled)	8 cups to	1 cup	1	25 to 30 minutes
Rice (steamed)	3 cups to	1 cup	1	1 hour
Wheat (rolled)	1½ cups to	1 cup	1	1 hour
Wheat (granular)	4 cups to	1 cup	1	1 to 3 hours
Cornmeal	6 cups to	1 cup	1	3 to 6 hours
Cracked wheat	6 cups to	1 cup	1	3 to 6 hours
Hominy	4 cups to	1 cup	1	2 to 4 hours

(By using the fireless cooker, the cereal can be boiled 10 minutes over the fire in the evening, and then cooked over night in the fireless cooker.)

STEAMED RICE

1 cup of rice — 1 teaspoon salt — 1 quart boiling water or scalded milk

Cook as other cereal, stirring occasionally with fork to prevent sticking. Let it steam in a double boiler 45 minutes. Put in colander and pour cold water over the rice to wash off the sticky substance. Put colander over the lower part of the boiler again and allow the steam to thoroughly dry the rice.

CORNMEAL SCRAPPLE

2 pounds shin of beef — 1 medium onion — 2 quarts cold water
1 teaspoon salt — ⅛ teaspoon pepper — 1 cup cornmeal

Cook onion thinly sliced in beef marrow or suet. Add to water with meat and bone and cook until meat is tender. Let cool, skim off fat, and remove bone. To liquid remaining, add enough water to make one quart. Add cornmeal and salt and cook one hour. Turn into a mold, cool, cut in slices and fry in pork fat until brown. Serve with or without gravy.

BROWNED HOMINY

Fry cooked hominy to a golden brown in just enough fat to prevent sticking. Bacon fat or other drippings are preferable to lard because of their flavor. Serve in place of "fried" potatoes.

BATTERS AND DOUGHS

OBSERVE THESE RULES IN MAKING QUICK BREADS

Have all necessary utensils ready and ingredients together before starting work.

Sift all dry ingredients before measuring. After combining dry ingredients, sift again to distribute the baking-powder and seasoning evenly throughout the flour.

Measure shortening accurately and cut into the dry ingredients with spatulas or case knives. If a small amount of fat is used, as in muffins, it may be melted.

Beat the eggs in a bowl and add the liquid, then add gradually to the dry ingredients and beat the mixture thoroughly.

Add the liquid gradually to the mixture, being careful to add the last very slowly, so the dough will not be too sticky.

All ingredients should be kept as cold as possible, especially the liquid, and it is advisable to keep the shortening cold for biscuits and pie crust.

Handle batter and dough mixtures as little as possible. Rolling and too much mixing develops gluten and tends to toughen the finished product.

Place Quick Breads in a hot oven. They are sufficiently baked when golden brown in color, shrink slightly from the sides of the pan and when no batter clings to a toothpick that has been inserted in the center of the product.

PLAIN MUFFINS

2 cups flour	3½ teaspoons baking-powder	1 egg
4 tablespoons sugar		1 cup milk
2 tablespoons fat	½ teaspoon salt	

Sift the dry ingredients several times. Beat the egg until light; add it to the mixture and lastly stir in the melted fat. Mix the ingredients thoroughly; grease muffin tins; fill two-thirds full. Bake in a hot oven, reducing heat gradually toward the end of the baking. Bake about 25 minutes. Half a cup less of milk may be used and 1 cup of berries added to the mixture.

BRAN MUFFINS

1 cup flour	2 cups bran	2 tablespoons melted fat
¾ teaspoon salt	3 tablespoons sugar	About 1½ cups sweet milk
3½ teaspoons baking-powder	1 egg	

Sift together the flour, salt and baking-powder, blend with this the bran, and add to these dry ingredients the mixture of milk, beaten egg, sugar and fat. Have a thick, but very moist batter as described in preceding recipe for whole wheat muffins. Bake in greased muffin pans in a moderate oven about ½ an hour.

CORNMEAL MUFFINS

½ cup cornmeal	1 tablespoon sugar	½ teaspoon salt
1 cup flour	1 tablespoon melted fat	¾ cup milk
3 teaspoons baking-powder		1 egg

Mix and sift dry ingredients; add milk gradually, egg well beaten, and melted fat; bake in hot oven in greased muffin pans about 25 minutes.

CORN CAKE

¾ cup cornmeal
1 cup flour
¼ cup sugar
4 teaspoons baking-powder
½ teaspoon salt
1 egg, well beaten
1 cup milk
2 tablespoons melted fat

Mix and sift dry ingredients; add egg, well beaten, milk and the melted fat. Beat. Bake in a shallow, greased pan in a hot oven 20 minutes or more. One cup sour milk may be used in place of sweet milk, using ½ teaspoon soda and only 2 teaspoons baking-powder.

BAKING POWDER BISCUITS

2 cups flour
4 teaspoons baking-powder
½ teaspoon salt
2 tablespoons fat
About ¾ cup milk

Mix and sift dry ingredients. Rub in fat with tips of fingers, or chop in with a knife. Add milk gradually to make a soft dough. Use a knife in mixing. Toss on a well-floured board. Pat and roll out to 1 inch thickness. Cut with biscuit cutter dipped in flour. Place close together on an oiled pan and bake in a hot oven 10 to 15 minutes.

SOUR MILK OR SODA BISCUITS

2 cups flour
½ teaspoon soda
2 teaspoons baking-powder
2 teaspoons fat
½ teaspoon salt
¾ cup thick sour cream or sour milk enough to make a soft dough

Follow directions for baking-powder biscuits.

SWEET MILK DOUGHNUTS

2 tablespoons fat
1 cup sugar
1 egg
1 cup milk
4 teaspoons baking-powder
1 teaspoon salt
½ teaspoon cinnamon or nutmeg
Flour to make a soft dough (3 to 4 cups)

Cream the fat, add the sugar, add the milk and well-beaten egg. Add 3 cups flour mixed and sifted with dry ingredients, then enough more flour to make dough just stiff enough to roll. With knife, toss about ⅓ of dough on lightly-floured board, knead slightly to make smooth. Roll to thickness of about ¼ inch. Use floured spatula freely to prevent dough from sticking to board. Cut with floured doughnut cutter. Fry in deep fat about 2 minutes. They should come quickly to the top. Brown on one side, turn and brown on the other. Turn but once. Drain over fat and then on absorbent paper. When partly cool, or just before serving, sprinkle with powdered sugar, if desired.

POP-OVERS

1 cup flour
¼ teaspoon salt
⅞ cup milk
2 eggs
½ teaspoon melted shortening

Mix salt and flour, add ½ the milk; beat until smooth. Add remaining ½ of milk, well-beaten eggs and shortening. Add eggs beaten 2 minutes with egg-beater. Turn into hot greased gem pans, and bake about 35 minutes in a hot oven.

Creamed meat or vegetables may be served in pop-over cases; or prune whip, blanc mange or chocolate cream filling may be served in the pop-over cases.

GRAHAM BAKING-POWDER NUT BREAD

3 cups graham flour	1 teaspoon salt	2¾ cups milk
1 cup white flour	4 teaspoons baking-powder	1 egg
¼ cup sugar		1 cup nut meats

Mix and sift dry ingredients; add milk, well-beaten egg and nut meats. Mix thoroughly, put into greased bread pan, let stand 25 minutes in a warm place. Bake about 50 minutes or until done.

RAISIN BREAD

3½ cups flour	1 teaspoon salt	1½ cups milk
4½ teaspoons baking-powder	1 egg	1 cup chopped raisins
	1 tablespoon fat	½ cup sugar (or less)

Sift the dry ingredients, reserving a little flour. Add milk, egg and melted fat, beating mixture thoroughly. Sift flour over chopped raisins and stir into mixture. Place in greased bread pan and let stand for 20 minutes. Bake in moderate oven 45 minutes to 1 hour.

Chopped dates, or figs may be substituted for raisins.

BOSTON BROWN BREAD

1 cup cornmeal	1 teaspoon salt	¾ cup molasses
1 cup rye flour or	¾ tablespoon soda	½ cup raisins, if desired
1 cup graham flour	2 cups sour milk	

Sift together dry ingredients. Mix well with sour milk and molasses. If mixture is too stiff, thin with a little water. If raisins are used, either add to dry mixture before liquid, or reserve out little flour, sift well over raisins and stir in last. Grease baking-powder cans or molds, and cover, fill half full with batter. Steam 3 hours or more, depending on size of molds used.

Keep the water boiling all the time during the steaming. Add more boiling water if necessary.

Cover the kettle during the steaming, and be careful not to jar it while cooking.

GRIDDLE CAKE SUGGESTIONS

Use a frying pan or griddle. Grease the griddle if necessary (soapstone or aluminum must never be greased). Let fat begin to smoke before cooking the cakes. If large bubbles form at once on top of the cakes, the griddle is too hot.

If the top of the cake stiffens before the under side is cooked, the griddle is not hot enough. Never turn a cake twice. Serve griddle cakes as soon as cooked.

SWEET MILK GRIDDLE CAKES

4 cups flour	1 tablespoon sugar	1½ cups to 2 cups milk
¾ teaspoon salt	2 eggs	2 tablespoons melted fat
3 teaspoons baking-powder		

Combine all dry materials and sift. Beat eggs, milk and melted fat together. Add sifted dry materials and beat thoroughly. Place batter in a pitcher. Pour on a hot, greased griddle.

SOUR MILK GRIDDLE CAKES

4 cups flour	1 egg	1¼ teaspoons soda
¾ teaspoon salt	2 cups sour milk	1 tablespoon fat

Follow directions given under sweet milk griddle cakes.

CORN CAKES

1½ cups flour	1½ teaspoons salt	1½ cups boiling water
1 cup cornmeal	2 tablespoons melted fat	¼ cup milk
4 teaspoons baking-powder	¼ cup sugar	1 egg

Add meal to boiling water and boil 5 minutes; turn into bowl, add milk and remaining dry ingredients mixed and sifted, then the egg well beaten, and fat. Cook same as other griddle cakes.

WAFFLES

1½ cups flour	¼ teaspoon salt	2 egg yolks
3 teaspoons baking-powder	2 tablespoons sugar	2 tablespoons melted fat
	1 cup milk	2 egg whites

Measure, mix and sift the first four ingredients; add the milk gradually, then egg yolks and melted fat, and mix thoroughly. Lastly, fold in the stiffly-beaten egg whites. Cook in a well-greased waffle iron.

TOAST

BUTTERED TOAST

Cut bread a day old into ¼-inch slices, put slices in a wire toaster or on a grate and place it some distance from the fire that it may dry gradually, and then brown as desired, and butter. Toast, if piled compactly and allowed to stand, soon becomes moist. It should be served as soon after toasting as possible.

CREAM TOAST

Dip slices of toast into the cream sauce (see page 28). Pour remaining sauce on the pieces of toast and serve hot.

FRENCH TOAST

1 egg slightly beaten	5 slices of bread	2 tablespoons sugar
¼ teaspoon salt	1 cup sweet milk	Fat to grease the griddle

Add the salt, sugar and milk to the slightly-beaten egg, dip the pieces of bread into the egg mixture. Cook the soaked slices of bread on a well-oiled griddle; brown on one side, turn and brown on the other. Serve with maple syrup or jelly. Served with stewed fruit, makes a good dessert.

CINNAMON TOAST

Slightly stale bread	1 teaspoon ground cinnamon	1 cup granulated sugar
Butter		

Mix together the cinnamon and sugar and transfer to a shaker. Cut the bread ¼-inch thick, trim off crusts, and toast quickly so that it will be soft in the middle. Butter generously, shake the cinnamon-mixture over, put together in pairs and cut in triangles. Place in a hot oven for a minute or two and serve on a folded napkin on a hot plate.

BREAD AND BREAD MIXTURES

GENERAL DIRECTIONS FOR BREAD MAKING

First.—All utensils used in bread making should be scrupulously clean and scalded before using.

Second.—Scald the liquid, add salt, sugar and fat, then cool to lukewarm temperature.

Third.—Mix the yeast with ¼ cup lukewarm liquid, using yeast according to the time desired for the process. If dry yeast is used, mix it with a little lukewarm liquid and flour several hours before adding to the sponge.

Fourth.—Add the yeast mixture to the lukewarm liquid mixture.

Fifth.—Sift the flour, allowing 3 to 4 cups for each loaf. Add ½ of the flour to the liquid mixture and beat thoroughly. Add more flour to make a dough, using a knife, until when touched with the finger, the dough does not stick to the finger. A bread mixer is a time and labor saver. Turn dough onto a slightly floured board; knead by pushing the dough into the palms of the hands and drawing it forward with the fingers. Use as little flour as possible on board and hands while kneading. Continue until the dough is smooth and elastic to the touch. It takes from 15 to 20 minutes to knead with the hands and about 3 minutes in the bread mixer. Thorough kneading makes fine-grained bread.

Sixth.—Put dough in a bowl, brush over with milk, cover closely, put in a warm (not hot) place and let rise to double its bulk. This may be overnight or in the daytime, depending on the quantity of yeast used. During the rising, ordinary room temperature, from 68 to 75 degrees F., should be kept. The length of time required for rising depends upon the room temperature; the process may be hastened by increasing the temperature from 75 to 88 degrees F.

Seventh.—Knead again, shaping into loaves; divide dough into as many portions as there are cups of liquid in the mixture. Place in pans, brush over with skimmed milk or melted fat.

Eighth.—Cover and let rise in a warm place to double their bulk.

Ninth.—The baking is as important as the mixing of bread. The temperature of the oven depends somewhat upon the size of the loaves.

If your stove does not contain an oven thermometer, test the oven by spreading one teaspoonful of flour one-quarter of an inch thick on the lid of a jelly glass, and allow it to remain for 5 minutes in the oven. If the flour becomes golden brown, the temperature of the oven is between 400 and 425 degrees F.

Ten minutes after the baking begins, the heat should be decreased gradually. The time for baking bread is usually divided into quarters. The first quarter, the bread rises; the second quarter, it begins to brown; the third quarter, it finishes browning; and the fourth quarter, the baking is completed and the bread shrinks from the pan. Bake loaves from 50 to 60 minutes.

Tenth.—Cool loaves on a rack or place them so the air can circulate freely around the loaf.

WHITE BREAD

1 cup scalded milk
1 cup boiling water
2 tablespoons fat
1½ teaspoons salt
1 tablespoon sugar
1 yeast cake mixed with ½ cup lukewarm water
6 cups flour

Follow general directions.

To make potato bread, add 2 cups mashed potatoes to the liquids. Use only 1 cup liquid and less flour is needed

ENTIRE WHEAT OR BRAN BREAD

1 cup boiling water
1 cup scalded milk
½ cup molasses
1 teaspoon salt
4⅔ cups coarse entire wheat flour
2⅔ cups flour
¼ yeast cake mixed with ¼ cup lukewarm water

Follow general directions.

RYE BREAD

May be made as directed for entire wheat bread, using rye flour in place of the whole wheat flour.

ROLLS

1 cup boiling water
1 cup scalded milk
4 tablespoons sugar
1 teaspoon salt
3 tablespoons fat
Flour (6 to 8 cups)
1 yeast cake mixed with ¼ cup lukewarm water

Follow directions for making bread. Mashed potato may be used, and less liquid and flour is required.

PARKER HOUSE ROLLS

Shape the roll dough into biscuits, let rise again, then roll ¼-inch in thickness, and with the handle of a case knife dipped in flour, crease through the middle of each biscuit, or roll with rolling pin to oblong shape. Brush ½ of each with melted fat, fold and press together. Cover, let rise and bake in a hot oven 12 to 15 minutes.

SOUPS

Cream soup, puree, bisque or chowder are heavy soups and contain sufficient nourishment to be the chief articles of food at a meal. Cream soups are made with thickened milk, combined with meat stock, fish stock or vegetable stock and pulp.

Clear soups, such as bouillon and consomme are used as appetizers at the beginning of a heavy meal.

To clarify soup use 1 egg-white to each quart of cold stock. Beat egg slightly, and add to stock. Heat gradually till near the boiling point, stirring all the time. Cook gently for 15 minutes. Remove to back of range and add ¼ cup cold water. Let stand a few minutes, then strain through cheese-cloth placed over strainer. Heat and add any further seasoning desired.

SOUP STOCK

To prepare soup-stock follow these directions:

1 pound bone
1 pound meat
2 quarts cold water
½ cup minced onion
½ cup carrot
½ cup turnip
1 teaspoon salt
6 peppercorns
1 teaspoon sweet herbs
1 small bay-leaf
1 sprig parsley
1 piece celery root
4 cloves

Cheap cuts of meat, shin, neck, or joints and small scraps of meat, such as the flank end of steak or left-overs and bones of roasts, may be used for soup-stock. Cut the meat into small pieces. For each pound of meat and bone use about 1 quart of water. Put the meat and bone into cold, salted water. Let soak for an hour. Then let simmer gently about 3 hours, allowing from ½ cup to a cup of mixed vegetables for each pound of meat used. Mixed herbs and spices may be tied in cheese-cloth and added, and left in simmering soup as long as desired. After vegetables and seasonings are added, cook 2 hours or more. The froth should be skimmed from stock as it rises, if clear soup is desired.

SCOTCH BROTH

3 pounds mutton from the neck
2 quarts cold water
2 tablespoons salt
1 sliced carrot
2 sliced onions
4 stalks celery
4 tablespoons barley, soaked overnight

Remove the skin and fat from meat that has been wiped with a damp cloth. Cut the meat into small pieces, put into the kettle with the carrot, onion and water. Heat gradually to boiling point, and cook until meat is tender, strain and remove any fat. Reheat to boiling point, add barley and cook until the barley is soft. The meat should not be thrown away, but used in stews, croquettes or meat cakes. If combined with a little broth, the flavor is restored.

SPLIT PEA SOUP

1 cup dried split peas
3 quarts cold water
½ onion
4-inch cube salt fat pork
1 ham bone
2 tablespoons flour
⅛ teaspoon pepper
1½ teaspoons salt

Pick over peas and soak over night; drain; add cold water, pork, ham bone and onion. Simmer 3 or 4 hours, or until peas are soft. Rub through a sieve. Add the flour mixed with cold water to soup. Boil 5 minutes, stirring constantly. Add seasonings. Cubed potatoes or boiled parsnips may be added to the soup; tomato juice and green peas may be added to give variety.

CREAM POTATO SOUP

4 medium-sized potatoes
½ medium-sized onion
2 tablespoons fat
1 quart of milk
2 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper

Pare potatoes very thin and cook, in enough water to cover, until soft. Drain off water and save. Mash potatoes until free from lumps. Heat all but one cup of the milk in double boiler with potato water (about 1 cup).

Melt fat, add onion, cut in thin slices, with flour. When this bubbles all over, add the cup of milk which has been reserved and cook until slightly thickened, stirring constantly. Add mashed potato and stir into heated milk and potato water. Season and serve hot. If not free from lumps, the soup should be strained before serving. Two tablespoons of finely chopped parsley added just before serving adds greatly to the attractiveness of the soup.

CREAM OF CELERY SOUP

3 cups celery, cut in inch pieces
2 cups boiling water
½ teaspoon salt
2 tablespoons flour
2 tablespoons fat
1½ cups milk
⅛ teaspoon pepper

Wash and scrape celery and cut into inch pieces; add water and cook until very soft and tender; rub through sieve. Heat all but ½ cup of milk in double boiler. Melt fat, add flour and seasoning, and add the ½ cup of milk. Stir constantly until it thickens. Combine celery, thickened milk and heated milk. Season and serve.

CREAM OF TOMATO SOUP

½ can or 1 pint tomatoes
2 teaspoons sugar
1 teaspoon salt
Pepper
1 quart milk
1 slice onion
¼ cup flour
¼ cup butter

Stew tomato, strain, add soda and seasoning. Scald milk in double boiler with one slice onion. Add flour well blended with butter; cook thoroughly. Remove onion from milk. Combine mixtures, adding tomato to milk slowly, strain, serve at once in a hot dish.

CORN CHOWDER

Fat salt pork, 1 inch by 3 inches
1 sliced onion
4 potatoes cut in ¼-inch slices
1 can corn
1 quart milk
8 crackers
Salt and pepper

Cut pork into small pieces and try it out in a pan over a slow fire. Add the sliced onion and cook 5 minutes without burning. Strain fat into a saucepan. Add potatoes and boiling water to fat and cook until potatoes are soft. Then add the milk and corn. Heat to boiling point. Season with salt and pepper. Moisten crackers in cold milk. Serve crackers on top of chowder.

FISH CHOWDER

2 cups flaked cod, or fresh cod, or soaked salt cod
6 potatoes, cut into ¼-inch slices
1 pint boiling water
1 sliced onion
Salt port fat, 1 inch by 3 inches
1 tablespoon salt
⅛ teaspoon pepper
1 quart milk
8 soda crackers

Try out fat, add sliced onion and cook to a light brown, without burning. Strain fat into saucepan, add potatoes and boiling water and cook 10 minutes. Add the fish and simmer 20 minutes. Add the milk and seasonings. Heat to boiling point and serve with crackers, split and previously dipped in cold milk.

FISH

Fish contains the same food value as meat at a much smaller cost, not only tastes good, but is easily digested.

As white-fleshed fish is considered more easily digested than the red-fleshed, it should be selected for invalids, convalescents or those suffering from weak digestion.

Fish contains albumen, and as albumen (which is like the white of egg) clots at a low temperature, it should be cooked at a temperature below boiling point of water.

Select a fish that has bright eyes and gills, shiny scales, firm flesh, and is free from a disagreeable odor.

PREPARATION OF FISH FOR COOKERY

Cover board or table with paper before laying fish down. Remove scales by scraping a dull knife from tail to head, snapping scales off. Rinse knife in water occasionally. Wet hands before touching fish, and odor will come off more easily.

Dip hands in salt so that fish will not slip, and hold by tail. If inner organs have not been removed in market, make a lengthwise incision on underneath side and draw or scrape them out carefully, so that membrane which lines cavity is not broken. Remove head if desired; if left on, cut out eyes. Remove fins with scissors. Wash inside and out in salted water. Sprinkle fish with salt if it is to be kept over night. Handle fish carefully when cooking, as flesh falls apart easily, and have all utensils well greased, as skin sticks readily when heated.

METHODS OF COOKING FISH

Fish suitable for broiling are: Split mackerel, white fish, cod, shad, trout, etc.; sliced halibut and salmon, white smelts and small fish. To broil—brush with melted fat, sprinkle with flour, salt and pepper, and cook over a flame or clear fire.

Fish suitable for baking whole are: Whitefish, cod, haddock, small salmon, shad. Follow directions for baked fish.

Fish suitable for boiling are: Salmon, halibut, cod, haddock, trout, etc. Cook in piece of cheese-cloth. Add 1 tablespoon vinegar and 1 tablespoon salt to each quart of water.

Fish suitable for frying are the white-fleshed. Cook in deep fat or sauté in a little fat in a frying pan.

TIME TABLE FOR COOKING FISH

Baking—thick fish, per pound	10 to 15 minutes
Baking—thin fish, per pound	8 to 10 minutes
Boiling—thick fish, halibut, salmon, per pound	15 minutes
Boiling—thin fish, such as flounder, per pound	8 minutes
Frying—fillets or steak	4 to 7 minutes
Frying—smelts or trout	3 to 5 minutes

When the fish can be easily separated from the bone, the fish is sufficiently cooked.

FISH—BAKED, WITH STUFFING

Select a fish weighing from 2½ to 4 pounds. Bake with the following stuffing:

1 cup crumbs (bread or crackers, or half and half)	¼ cup melted fat	⅛ teaspoon pepper
	¼ teaspoon salt	Few drops onion juice, if liked
	⅛ teaspoon celery salt	¼ cup water

Mix ingredients in order given. If a dry filling is desired, the water may be omitted. Three tablespoons catsup, chopped parsley, capers, pickles, or oysters may be added. Clean and wipe the fish. Rub the inside with salt. Fill with stuffing and sew together. Cut diagonal gashes 1½ inches apart on both sides of the fish and place a strip of bacon or salt pork fat in each gash. Brush with melted fat, sprinkle with salt and pepper. Dredge with flour, tie in the shape of a letter "S" and bake on a baking sheet or strips of cotton cloth (so that it may be easily removed from the pan in a dripping pan). When the flour is browned, baste the fish once in 10 minutes. Cook until the flesh is firm and separates easily from the bone.

BROILED FINNAN HADDIE

Wash the fish thoroughly; let soak a half hour in cold water, skin side up; cover with water which is simmering, not boiling. Let stand 15 minutes, then drain carefully and wipe dry, brush over with fat and broil over slow fire about 15 minutes. Remove to hot platter, sprinkle with bits of butter, and with juice of half a lemon. Serve at once.

BROILED SALT MACKEREL

Let soak in cold water 12 hours, skin side up. Drain and wipe dry. Brush over with melted fat. Broil on a well-greased broiler skin side down, basting with butter once or twice. Remove carefully to serving dish and pour over ½ cup of hot white sauce (page 28). Sprinkle with finely-chopped parsley.

FRIED SMELTS

To clean smelts, spread open outer gills, and with the forefinger, take hold of the inner gills and pull gently; the parts unfit for food are all attached to these inner gills, and come away together, leaving the smelt in perfect shape. Rinse thoroughly and wipe dry. If smelts are small, dip in milk and roll in flour, or in egg and bread crumbs. Fry in deep fat.

CODFISH BALLS

1 cup salt codfish	1 egg	⅛ teaspoon pepper
2 cups potatoes	1 tablespoon butter	

Wash fish in cold water and pull into small pieces, keeping fish in water while doing so. Wash and pare the potatoes and cut into pieces. Cook the fish and potatoes together in boiling water until the potatoes are tender, then drain and shake over the fire until dry; mash, and beat

thoroughly with a wire potato masher. Add the butter, pepper and salt if needed. Cool slightly, then add beaten egg, and beat until light. Take up mixture in a spoon, moulding slightly with a knife, and dip into deep hot fat. Fry until brown, about 1 minute. Drain on absorbent paper.

Mixture for codfish balls may be served hot, without frying, or turned into a buttered baking dish and browned in the oven and served as a baked dish, or shaped into flat cakes and sautéd in frying pan. To make codfish puff, prepare in same manner, only use two well-beaten eggs. Cook like an omelet.

SCALLOPED FLAKED COD OR OTHER FISH

1 pound flaked cod — 1½ cups mashed potato — ¼ cup buttered crumbs
1½ cups white sauce

Arrange the fish and sauce in layers in a well-greased baking dish. Cover with mashed potatoes and bread crumbs. Bake until heated throughout and crumbs are browned on top. Any kind of cooked fish may be flaked and prepared in this way. Layers of boiled onion or green peas may be used in this recipe.

SALMON LOAF

1 cup flaked cooked salmon — 1 teaspoon salt — 1 teaspoon lemon juice
1 cup stale bread crumbs soaked in 1 cup scalded milk — 1 tablespoon butter — ½ teaspoon onion juice — 2 egg yolks, beaten — 2 egg whites stiffly beaten

Combine ingredients in order given, folding in the stiffly-beaten whites last. Drop mixture into a well-greased and crumbed pan and bake in a moderately hot oven or steam the mixture. Serve with white sauce (page 28), or the following:

SAUCE FOR FISH

2 tablespoons butter — 1½ cups milk, scalded — 2 tablespoons lemon juice
2 tablespoons flour — Liquid from fish — 1 egg yolk

Melt butter, add flour, then heated milk gradually. Add liquid from fish and lemon juice just before removing from fire. Just before serving, beat sauce into yolk of egg. Serve hot. 1 tablespoon catsup may be added if desired.

OYSTERS—FRIED

Select large oysters, remove pieces of shell, wash and wipe dry. Roll in well-seasoned, dry bread crumbs, which have been sifted. Dip in egg (beaten with 1 tablespoon water or oyster juice), and again in the crumbs. Sauté in frying pan, using one tablespoon fat to cup of oysters.

OYSTERS—SCALLOPED

1 quart oysters — ½ teaspoon salt — 6 tablespoons butter
2 cups crumbs — Cayenne — ½ cup liquid

Wash oysters with ¾ cup cold water in colander and remove pieces of shell. Strain the juice. Melt butter, add crumbs and seasoning. Line the bottom of a greased baking dish with ¼ the crumbs then add ½ the oysters. Add ¼ more crumbs, and remainder of oysters and liquid.

which may be liquid from oysters or milk. Cover with buttered crumbs. Bake in a moderate oven 30 to 40 minutes. A large shallow pan is always preferable to a deep baking pan.

OYSTER STEW

1 quart oysters	¼ cup butter	⅛ tablespoon pepper
1 quart milk	½ tablespoon salt	

Clean the oysters by placing in colander and pouring over them ¾ cup cold water. Pick over carefully, removing any bits of shell that adhere. Reserve liquid, heat to boiling point, strain through double cheese-cloth over wire strainer. Add oysters, cook until edges begin to curl. Add oysters and liquor to hot, scalded milk; add butter and seasoning. Serve at once.

Paprika, celery salt, onion juice, parsley or mace may be used as additional seasoning, if desired.

For oyster soup, thicken the milk, using ½ tablespoon flour for each cup of milk. Prepare as for white sauce.

MEAT

Good beef is dark, purple in color when first cut, but turns to a bright red. It should be well streaked with a firm fat of yellowish color that crumbles easily. The flesh should be firm and, when pressed with the finger, no mark should remain.

Veal should be pink; it is usually less firm than beef. If used too young, it is watery and flabby.

Mutton should be dullish red, rather firm and streaked with fat juices, white or slightly yellow.

Lamb, which is in season between May and November, should be dark pink, but not as firm as mutton.

Pork should be pale in color. It is less firm than beef and has soft fat.

All meat should be removed from the paper wrappings as soon as it comes from the market. Paper absorbs meat juices, and if meat remains in the paper too long, it will taste of the paper. Before cooking, meat should be wiped with a clean, damp cloth, but it should never be put in water because water draws out the meat juices. Meat should always be kept in a cool place.

One of the fundamental, underlying principles in the cooking of meat is that heat hardens protein.

High temperature hardens and toughens meat; therefore, it should only be used to form a coating or to sear the meat on the outside. This also is the best means of retaining the juices, and if lower temperature is used to complete the cooking, the finished product will not be tough and indigestible.

Pounding and chopping helps to break the connective tissue. It is, however, likely to open the thread-like meat fibers and release the juices. If flour is pounded into the meat, it will hold and help retain the juices. Try to develop the natural flavor by long, slow cooking.

TIME TABLE FOR ROASTING (PER POUND)

Beef, round	10 to 12 minutes
Beef ribs (well done)	12 to 15 minutes
Beef ribs (rare)	8 to 10 minutes
Mutton, leg (well done)	15 minutes
Mutton, leg (rare)	8 minutes
Mutton loin (rare)	8 minutes
Mutton, shoulder (stuffed)	15 minutes
Lamb (well done)	20 minutes
Veal (well done)	25 minutes
Pork (well done)	30 minutes
Chicken	15 minutes
Duck	20 to 25 minutes
Goose	18 to 20 minutes
Turkey, 8-pound	15 to 20 minutes

BEEF

PAN-BROILED STEAK

Trim fat from steak, also part of bone, if desired. Wipe with damp cloth. Heat frying pan till very hot, or until blue smoke arises. Rub surface of pan with little fat. Place steak in pan, searing it quickly, first one side, then on the other. Be careful in turning not to pierce with fork. After both sides are seared, reduce heat under the pan and cook steak more slowly, turning every 10 seconds. Stand on edge to brown fat. Keep pan free from fat. Steak is done rare, when well browned, and puffy. If one inch thick, this will take about 8 minutes. If desired well done, it will require 12 to 15 minutes or more.

HAMBURGER STEAK

Chop finely one pound lean raw beef; season highly with salt, pepper and a few drops of onion juice. Add ¼ cup milk gradually; knead dough until spongy and shape into cakes. Heat a frying pan, rub with the fat of meat and pan-broil the steaks. Turn cakes often during the cooking.

FLANK OR ROUND STEAK, STUFFED AND ROLLED

1 pound top round, or flank ½ inch thick
2 or 3 small slices suet
1 onion, sliced
¼ cup carrot, cubed
1 cup boiling water or stock

STUFFING

1 cup crumbs
2 tablespoons butter (melted)
2 tablespoons parsley
½ teaspoon onion juice
2 tablespoons chopped celery
½ teaspoon salt
⅛ teaspoon paprika

Trim edges of steak, spread stuffing over it, roll and tie it, and lay it on onion and carrot in pan with suet on top. Pour the water or stock into pan, cook, closely covered, for 20 minutes or more in a hot oven, then uncover and cook 30 minutes longer. Serve with brown gravy made from drippings in pan.

SWISS STEAK

Select a slice of round steak, cut about two inches thick. A steak from the top of the round is preferable. For a small family, half of the slice will suffice for two meals. A full slice from heavy beef will weigh four or five pounds. Pound into the steak, on both sides, as much flour as it will take up (nearly one cup).

Brown the meat on both sides in bacon or salt-pork fat, cover with boiling water and let simmer about two hours. Peel an onion for each person to be served; let cook five minutes in boiling water, drain, rinse in cold water and set to cook around the meat. If preferred, the onions may be sliced into the dish before the steak is put into it. If the meat is browned in an iron frying pan, the sauce around the meat will be thick and brown.

POT ROAST OF BEEF—GRAVY

Nearly any of the tough meats may be used. The rump or lower part of the round is preferable. Wipe meat, sear in hot frying pan, or in the kettle for roasting. Lard outer surface if meat is lean, or few slices of salt pork may be cooked with meat. Place in the kettle, add ½ cup boiling water to 2 pounds meat, and cover tightly. Cook slowly until meat is very tender and well browned, adding only enough water to prevent burning. Season when nearly done. Serve with brown gravy made with liquid left in the pan. Instead of water, strained tomatoes may be used with pot roast. For seasoning, in addition to salt and pepper, a bit of bay leaf, parsley, a few cloves, or slices of carrot may be cooked with the roast.

GRAVY

To each cup of liquid add, gradually, 2 tablespoons flour mixed till smooth, with an equal quantity of cold water. Cook as white sauce. Strain.

VEAL

ROAST VEAL

The leg, cushion (thickest part of leg), and loin are suitable pieces for roasting. When leg is to be used, it should be boned. Wipe meat, sprinkle with salt and pepper, stuff and sew in shape. Place on rack in dripping pan, dredge meat and bottom of pan with flour, and place around meat strips of salt pork. Bake three or four hours in moderate oven, basting every fifteen minutes with one-third cup butter melted in one-half cup boiling water, until used; then baste with fat in pan. Serve with brown gravy.

VEAL LOAF

2 pounds veal
¼ pound fat salt pork
2 teaspoons salt
½ teaspoon pepper
1 tablespoon chopped parsley
1 tablespoon lemon juice, if desired
½ cup dry crumbs
2 tablespoons tomato catsup
¼ cup milk
1 egg
1 onion

Select lean veal, remove skin and membrane, chop fine with salt pork. Add crumbs, seasoning. Brown minced onion in little fat, before

adding. Beat egg slightly, add with milk, mix up well. Pack in a bread pan, smooth evenly on top and bake in slow oven two hours, basting frequently. Or, meat may be shaped into loaf in roaster and baked in oven. May be served hot, with brown gravy or tomato sauce, or may be used cold.

VEAL CUTLETS

2½ pounds veal (from round)
Salt
Pepper
4 tablespoons drippings or butter
Fine bread crumbs
1 egg
1 tablespoon water

Wipe meat and cut into pieces for individual serving, removing bone, skin, and tough membranes. Skewer small pieces of meat together with wooden tooth-picks. Beat egg and water, so that white is well broken, but not light. Roll in sifted, seasoned bread crumbs; dip in egg, then roll in crumbs again. Melt fat in frying pan. When hot, brown cutlets quickly on both sides. Pour sauce over cutlets, cover, then cook at low temperature for one hour or until tender, turning occasionally. Cutlets may be browned in deep fat, in which case, transfer to saucepan to finish cooking.

SAUCE FOR CUTLETS

2 tablespoons fat
¼ cup flour
½ teaspoon salt
1 teaspoon Worcestershire
⅛ teaspoon pepper
1 pint stock, water, or strained tomato juice
2 tablespoons chopped parsley, or lemon juice, or horseradish

VEAL AND HAM PIE

1½ pounds veal
2 hard cooked eggs
½ pound ham
1 tablespoon flour
1 teaspoon grated lemon rind
1 teaspoon powdered herbs, salt, pepper, red pepper and mace to taste
1 tablespoon chopped parsley
Pastry or biscuit dough
Stock

Cut veal and ham into thin slices. Trimmings from roast may be used. Mix on plate the flour, salt, pepper, red pepper, mace, powdered herbs, and lemon rind, roll each piece of veal in this seasoning, and lay in deep casserole, alternately, layers of veal, ham, and eggs cut in slices; pile this in center of the dish, add one cupful of water, and parsley, cover with dough and bake in hot oven for one and a quarter hours.

When baked, add a little well-seasoned stock. Serve hot or cold.

KIDNEY STEW

1 pound kidney
1 carrot
½ medium-sized onion
2 cups water
2 tablespoons flour
2 tablespoons drippings

Scrape and slice carrot, peel and slice onion, and cook together in two cups of water until tender. Soak kidneys for one hour in lukewarm water. Drain, clean and dry. Dredge with flour, slice, and brown in frying pan with drippings. Remove kidneys from frying pan, add flour to the fat and brown. Add to this the two cups of water in which the carrots and onion were cooked. Boil until thickened. Add kidneys, onion and carrots. Season with salt and pepper, cook for three minutes and serve.

LIVER

BRAISED LIVER

Take a calf's liver and skewer into shape. Place a small piece of fat pork or bacon on the top of it and around it. In the covered baker, place one-fourth cup each of diced carrot, onion and celery. Add one-fourth teaspoon of peppercorns, two cloves, a bit of bay leaf and two cups of water or of brown stock. Cover closely and bake slowly for two hours, removing the cover during the last twenty minutes. Make a brown sauce, using the liquid, and pour it around the liver on serving.

LAMB AND MUTTON

LAMB OR MUTTON STEW

2 pounds lamb or mutton	½ cup carrot	6 potatoes
1 onion	½ cup celery	1 teaspoon salt
	1 quart stock or water	¼ teaspoon pepper

Cut meat into 2-inch cubes. Reserve the tenderest pieces of meat. Place the tougher portions and bone into cold water or stock. Put over slow fire and heat gradually to boiling point. Dredge reserved meat with flour, and sauté in marrow drippings, or pork fat, and add to stew. Let simmer about two hours. In same frying pan brown onion, cut in slices, celery, and carrot diced. Cook until meat and vegetables are nearly done, then remove bones, skim off fat and add potatoes which have been par-boiled 10 minutes, and drained. Season. Add boiling water if needed. Ten minutes before potatoes are done, add dumplings. Thicken gravy after removing meat, vegetables and dumplings.

DUMPLINGS

2 cups flour	4 teaspoons baking-powder	½ teaspoon salt
		1 cup milk or water

Sift dry ingredients together in mixing bowl. Mix to drop batter with liquid. Drop from spoon into boiling stew, being careful that there is plenty of water and no possibility of boiling dry. Cover closely and cook undisturbed, and rapidly, for from ten to twenty minutes, depending on size of dumplings.

BRAISED LEG OF MUTTON

Bone a leg of mutton. Wipe, stuff, sew and place in deep pan. Cook five minutes in one-fourth cup butter, a slice each of onion, carrot, and turnip cut in dice, one-half bay leaf and a sprig each of thyme and parsley; then add three cups hot water, one and one-half teaspoon salt, and twelve peppercorns. Pour over mutton, cover closely and cook in oven slowly three hours, uncovering for the last half hour. Remove from pan to hot platter. Brown three tablespoons butter, add four tablespoons flour, and stir until browned; then pour on slowly the strained liquor; there should be one and three-fourths cups.

PORK

ROAST PORK

Wipe pork, sprinkle with salt and pepper, place on rack in dripping pan or roaster, and dredge meat and bottom of pan with flour. Place in moderate oven and roast three or four hours, basting every fifteen minutes with fat in pan. For roast pork, the usual rule is twenty-five minutes to the pound. Make gravy, using same proportions as White Sauce I. (see page 28).

PORK CHOPS WITH DRESSING

6 pork chops
½ onion, finely chopped
1½ cups bread crumbs
2 tablespoons pork fat, chopped
⅛ teaspoon pepper
¾ teaspoon salt
¼ cup hot water
1 beaten egg

Mix bread crumbs, pork fat, seasonings, water and egg. Spread on pork chops. Put chops in a pan close together; add a little water to cover bottom of pan and bake in a moderately hot oven 1 hour, basting occasionally.

BAKED HAM

12-pound ham
1 cup brown sugar
4 dozen cloves

Plunge the ham into boiling water for ten minutes. Reduce the temperature and cook below boiling for two hours. Remove ham from water and peel off the skin to near the shank end. Bake one hour, basting frequently with equal parts vinegar and water. Take from oven and rub the fat surface with brown sugar. Insert cloves all over the ham at intervals of two inches. Bake until tender without more basting. It will take about six hours to properly cook a twelve-pound ham.

BAKED SLICE OF HAM

2-pound slice of ham (1 inch thick)
10 whole cloves
1½ cup light brown sugar
½ dozen tart apples
½ cup water
parsley

Rub ½ cup sugar into the ham. Sprinkle with cloves. Place in baking pan and surround with the apples peeled, cored and sliced in half cross-wise. Sprinkle the remaining sugar over the apples, add the water to the pan and bake until tender (about 45 minutes). Serve on hot platter garnished with cress or parsley.

PLAIN FRIED HAM

Cut a thin slice from the center of a ham and gash the fat on the edge in several places; put in hot frying pan, brown quickly on one side, then turn and brown lightly on the other side. Then cook very slowly until tender.

POULTRY

ROAST FOWL

After fowl has been dressed and cleaned, fill with stuffing, truss securely in compact shape, and lay on its back in roasting pan. Dredge with flour, salt and pepper, dot with bits of butter, if desired, and place in hot oven. As soon as flour is browned, begin to baste with cup of hot water every ten minutes. Cook until breast meat is tender, about 2 hours for 4 pound fowl. Longer for larger fowl.

STUFFING FOR ROAST FOWL

4 cups bread crumbs
2 teaspoons salt
¼ teaspoon pepper
1 egg, slightly beaten
½ teaspoon poultry seasoning or onion
2 tablespoons butter melted
2-3 cups boiling water

Mix in order given, combine thoroughly and use to stuff fowls. Butter may be omitted if fowl is fat, or beef drippings may be substituted. If a dry, crumbly dressing is desired, omit the boiling water.

CHICKEN FRICASSEE

3 pounds chicken
1 onion
2 cloves
½ bay leaf
1 teaspoon salt
¼ cup chopped salt pork fat or other fat
⅓ cup flour

Singe, draw and disjoint a 3-pound chicken. Wash and rinse carefully. Put into a saucepan with 1 quart of water, 1 sliced onion with 2 cloves pressed into it, bay leaf and salt. Simmer slowly until tender. Remove chicken, dredge the pieces generously with the flour, salt and pepper, and brown in the salt pork fat or other fat in a frying pan. When the pieces of chicken are nicely browned on both sides, add the water or stock in which the chicken has been cooked. If the gravy is not thick enough, add flour thickening to it. Season to taste. Arrange the browned chicken on a platter. Pour the gravy over it. Surround with a border of boiled rice.

TO FRY CHICKEN

Select young chicken. Cut up. Wash, drain, but do not dry. Dredge well with flour and seasoning. Use drippings for fat—salt pork, bacon, beef or chicken fat will do, or use part butter and part other fat. Cook chicken slowly in fat in frying pan until tender, and well browned. Serve with cream or milk gravy.

CHICKEN A LA KING

1½ cups white sauce
2 cups chopped chicken
1 cup cooked mushrooms
1 green pepper
1 pimento
1 teaspoon salt
¼ teaspoon pepper

Cut up chicken in small pieces. Add chicken and remaining ingredients, cut up, to white sauce, which may be made with cream, milk, or chicken broth. Serve on toast.

CHICKEN A LA MARYLAND

Cut up chicken as for fricassee. Dredge well with flour and seasoning. Dot with bits of butter. Bake in oven, adding small amount of water and basting frequently. Fifteen minutes before removing from oven, add 2 cups cream or milk, and simmer gently. Remove chicken, and thicken liquid.

CHICKEN PIE

1 fowl
½ onion
1 tablespoon parsley
Bit of bay leaf
Salt
⅛ teaspoon pepper
¼ cup flour
Pie crust or biscuit dough

Dress, clean, and cut up fowl. Put in a stewpan with onion, parsley, and bay leaf, salt and pepper. Cover with boiling water, and cook slowly until tender. Thicken stock with flour diluted with enough cold water to pour easily. Cover the chicken mixture with crust in which several incisions have been made. Wet edge of crust and put around a rim, which is close to edge. Bake in a moderate oven until crust is well risen and browned.

PRUNE AND APPLE STUFFING

3 cups bread crumbs
¼ cup melted fat
1 teaspoon salt
1 cup apples, pared, cut in eighths, and stewed in a little sugar
Few grains pepper
½ cup soaked, stewed and stoned prunes
½ cup nut meats, broken into pieces, if liked

MASHED POTATO STUFFING

2 cups mashed potatoes, highly seasoned with salt and pepper
½ cup chopped, parboiled onions
2 egg yolks
2 tablespoons melted fat
¼ teaspoon sage

Mix ingredients in order given.

LEFT-OVER MEATS

GENERAL DIRECTIONS

Almost any left-over meat may be combined with other foods, well seasoned, and be made up into very palatable dishes. Beef, veal, mutton, lamb, chicken, and ham are all desirable and may be combined. Fish may be substituted for meat in many recipes.

Trim off carefully all non-edible parts.

Cut or chop meat in fine pieces of uniform size. Do not mash.

CASSEROLE OF RICE AND MEAT

2 cups chopped, cooked meat
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon onion juice
1 tablespoon chopped parsley
1 egg
½ cup fine bread crumbs
4 cups cooked rice

Season the meat, mixed with crumbs and beaten egg, and add meat stock to make mixture pack easily. Line a greased mold, or baking

pan, with 2 or 3 cups rice. Pack rice well and fill with meat, cover with the remainder of the rice, cover tightly and steam or bake about 45 minutes. Remove from mold. Serve with tomato sauce.

SHEPHERD'S PIE OR SCALLOPED MEAT

2 cups chopped, cooked meat
2 cups mashed potato
2 cups left-over gravy
1 teaspoon salt
$\frac{1}{8}$ teaspoon pepper
$\frac{1}{8}$ teaspoon paprika
1 teaspoon onion juice
1 or 2 tablespoons butter

It is unnecessary to follow above proportions. Use available amounts of meat and potato, and gravy, and season to taste. Line bottom of buttered baking dish with well beaten mashed potato (either hot or left over). Add thick layer of meat and gravy, then layer of potato, until dish is full. Make the top crust of potato. Dot with bits of butter. Or, meat and gravy may be placed in lower part of baking dish with single thick layer of mashed potato for the crust. Stiffly beaten egg white may be folded into mashed potatoes before adding to meat, if desired. Bake in hot oven till potatoes are brown, or if cold potatoes have been used, till thoroughly heated and browned. Crumbs, macaroni or rice may be substituted for potatoes.

MINCED MEAT ON TOAST

Use any meat, heating in gravy, white sauce, or tomato sauce. Add butter, season well, and serve on hot toast.

HASH

1 to 2 cups chopped meat
2 cups cubed potato
1 teaspoon salt
$\frac{1}{2}$ teaspoon pepper
1 teaspoon mixed onion or celery
3 to 4 tablespoons butter
Enough milk, water or stock to moisten

Any available left-over meat may be used, taking about equal parts of meat and potato. Chop meat first, then add potato and chop together. Season. Melt fat (1 tablespoon to each cup of hash) in frying pan, spread hash in evenly and cook slowly for 20 minutes. Shake the pan occasionally to prevent sticking. Roll or fold an omelet without breaking browned crust. The hash may be put in a buttered pan and baked in the oven.

TURKISH PILAF

1 cup washed rice
1 pound raw lean beef or lamb
1 teaspoon salt
2 cups boiling water
1 small onion or 2 cloves
2 cups tomatoes
2 tablespoons fat
garlic

Fry onion out in small pieces or garlic in the fat until slightly brown; add rice, seasonings, water, tomatoes, meat, and cook in a covered dish until the rice is soft. The meat may be omitted, the rice cooked in the tomatoes and water, and the whole covered with grated cheese and baked until cheese is melted.

MEAT CROQUETTES

2 cups chopped, cooked meat	1 to 2 cups thick white sauce	½ teaspoon salt ⅛ teaspoon pepper

WHITE SAUCE FOR CROQUETTES

2 tablespoons butter 4 tablespoons flour	1 cup milk ½ teaspoon salt	Few grains pepper

PREPARATION OF CROQUETTES

In general, use equal amounts of white sauce and meat. Less will be needed if meat is freshly cooked than if canned meat is used. Meat should be chopped fine, seasoned rather highly, then moistened with sauce as soft as can be handled. Let chill thoroughly on flat dish, then divide evenly into separate portions, allowing 2 tablespoons for each croquette. Shape into balls, cylinders, cones or any desired shape. Roll and sift dry crumbs, beat egg with 1 tablespoon water. Roll croquettes in crumbs, dip in egg, again roll in crumbs, and fry in deep fat, till light brown in color. Drain on oiled paper. They may be served with sauce.

Any meat or combination of meats may be used. Fish, eggs and macaroni may be used in same way. Seasoning may be onion, parsley, celery salt. Lemon juice combines well with fish or chicken.

MEAT SAUCES AND RELISHES

HOLLANDAISE SAUCE

½ cup butter 2 egg yolks ½ teaspoon salt	2 teaspoons cornstarch Sprinkle of cayenne	½ cup scalded milk Juice 1 lemon

Cream the butter, add the cornstarch dissolved in 1 tablespoon cold water, beat well; add the egg yolks one at a time, beating thoroughly again, add seasonings and water, and cook in double boiler, beating constantly until thick. Add lemon juice last.

MINT SAUCE

8 stalks mint, or 2 tablespoons dry mint	2 tablespoons sugar ½ cup vinegar	1 tablespoon lemon juice

Wash mint and pick leaves from stems. Chop fine. Add sugar and rub well together. Add gradually vinegar and lemon juice. Let stand one hour.

PARSLEY SAUCE

¼ cup butter ¼ cup flour 2 cups stock	1 tablespoon chopped parsley ½ teaspoon salt	Dash cayenne and mustard

Melt butter, add flour, blend, add stock, stirring constantly, then add seasonings.

The general rule for use of white sauce for creamed and scalloped vegetables is to use half as much white sauce as vegetables. For example, for one pint of potatoes, use one cup of white sauce.

CREAM OR WHITE SAUCE

I

1 cup milk
2 tablespoons flour
2 tablespoons butter
¼ teaspoon salt

II

1 cup milk
2 tablespoons flour
2 tablespoons butter
¼ teaspoon salt

III

1 cup milk
½ tablespoon flour
1 tablespoon butter
¼ teaspoon salt

IV

2 tablespoons butter
4 tablespoons flour
1 cup milk
1 teaspoon salt

Mix the flour and the water until smooth; add a little more cold water to make it thin enough to pour; add the flour mixture gradually to the scalded milk and salt and butter, stirring constantly until thickened. It requires 20 minutes if cooked in double boiler.

The quickest method is to melt butter in saucepan, then add flour, stirring till mixture becomes foamy, but not brown. Add milk, continue stirring to insure smoothness, cook till thickened. Season.

White sauce I is used in preparation of creamed vegetables. II is used in scalloped dishes. III is that usually used for creamed soups. IV is used for meat croquettes and cutlets.

The general rule for use of white sauce for creamed scalloped vegetables is to use half as much white sauce as vegetables. For example, for one pint of potatoes, use one cup of white sauce.

For croquettes, use equal amounts of white sauce and meat. Chill mixture before using.

CHILI SAUCE

1 peck ripe tomatoes
12 onions (size of egg)
6 green peppers (small)
1 pint brown sugar
1 pint vinegar
3 tablespoons salt
½ tablespoon allspice
1 tablespoon cinnamon
½ tablespoon cloves
½ teaspoon paprika

Mix the first six ingredients together and cook until nearly done before adding the spices.

MUSTARD PICKLE

1 quart small cucumbers
1 quart large cucumbers, sliced or diced
2 quarts small pearl onions
1 quart green tomatoes, sliced
2 quarts small green tomatoes
2 quarts butter beans or celery cut in 2-inch pieces
3 small heads cauliflower, torn apart
6 green peppers, cut in strips

Prepare vegetables overnight and soak in a strong brine. In the morning rinse and scald in fresh water. Drain thoroughly in a colander and cover with the following mustard dressing: Mix together 1½ cups sugar, ¼ tablespoons each flour and powdered mustard, ½ tablespoon turmeric, 1 teaspoon celery salt; add slowly 3 pints of hot vinegar; stir till smooth. Cook in double boiler till it thickens. Pour over hot vegetables; simmer for five minutes. Pack in hot, clean jars.

MEAT SUBSTITUTES

The need of tissue building foods in the diet is a well understood fact and their principal source is meat. Among the various foods which may be used in place of meat are: Eggs, poultry, fish, game, cheese, milk, legumes, some cereals, and nuts.

EGGS

Eggs are cheaper than meat.

SCRAMBLED EGGS

6 eggs
6 tablespoons milk
3 tablespoons butter
½ teaspoon pepper
½ teaspoon salt

The general rule is to use 1 tablespoon milk and ½ tablespoon butter for each egg. Beat eggs slightly to mix whites and yolks, add salt, pepper and milk. Put butter into hot omelet pan. When melted, pour in the mixture. Cook slowly at a low temperature, until creamy consistency, lifting from bottom of pan with spatula, as it thickens. Do not stir, but leave in rather large masses. Serve on hot, buttered toast.

BAKED EGGS

Toast circular pieces of bread from which a little of the centers have been removed. Place pieces on a buttered dish. Break an egg and drop contents in the center of bread. Sprinkle with salt and pepper, dot with butter, pour on a little milk or cream and bake in a moderate oven until eggs are cooked.

BAKED EGGS WITH CHEESE

Follow directions for baked eggs, sprinkling slices of toast with cheese before eggs are dropped onto them, or slip eggs into buttered egg shirrers. Cover with white sauce, sprinkle with grated cheese and buttered crumbs. Bake until eggs are set.

SCALLOPED EGGS AND HAM

4 hard-cooked eggs
¾ cup or 1 cup cold chopped ham or meat
1½ cups buttered hard crumbs
1 pint white sauce

Chop the eggs, and follow the rule, alternating the eggs and meat, or add chopped eggs and meat to the sauce.

CREAMY OMELET

6 eggs
1½ cups white sauce (see page 28)
1 teaspoon salt
¼ teaspoon pepper
3 tablespoons butter

Make either French or Puffy omelet, using white sauce instead of water. Pour another half cup white sauce around it before serving, after it has been placed on a hot platter.

FRENCH OMELET

6 eggs
6 tablespoons liquid
½ teaspoon salt
¼ teaspoon pepper
3 tablespoons butter

The general rule is for each egg use 1 tablespoon liquid, ½ tablespoon butter. Season to taste.

Break eggs into bowl, beat slightly to mix, or until they can be taken up on spoon, add seasonings and liquid, which may be cold water, milk, or stock. Have ready a smooth, hot pan (light weight, small pan is best) in which butter, has been melted. Shake the pan so that every part is coated with butter. Pour beaten eggs into pan. As eggs cook, shake pan lightly, and with fork or spatula, gently lift egg. Tip pan, so that some of uncooked portion can run to side. When puffed, creamy, and lightly browned on the bottom, take pan in left hand, tilting pan downward. With knife loosen edge of omelet from pan. Make slight cut in middle at each side at right angles to the handle of the pan, but not entirely through the omelet. Fold quickly, and turn on to a hot plate, from which it is to be served, at once.

STUFFED EGGS

5 hard-cooked eggs
3 tablespoons American cheese (grated)
1 teaspoon vinegar
1 cup white sauce (see page 28)
¼ teaspoon mustard
1 teaspoon salt
1 tablespoon butter
Few grains of cayenne

Cut the hard-cooked eggs in halves lengthwise; remove yolks, mash, add grated American cheese, vinegar, mustard and salt and a few grains of cayenne. Add melted butter. Shape in balls size of original yolks, refill whites. Place in a baking dish, pour around white sauce. Bake in an oven with buttered crumbs.

CHEESE DISHES

One pound of cheese contains as much food value as 2 pounds of meat. Cheese may be added to white sauce and served with boiled rice or boiled vegetables or plain on toast. Cheese may be combined with left-over cereal mush, and baked as a souffle or shaped into cakes and baked in the oven or browned in a little fat in a pan.

CHEESE FONDU

1 cup stale bread crumbs
1 cup or ¼ lb. cheese (cut fine)
1 cup milk
2 eggs
1 tablespoon butter
½ teaspoon salt
⅛ teaspoon mustard
⅛ teaspoon paprika

Mix bread, milk and cheese in a double boiler. When cheese is melted, add eggs, beaten until well mixed, and seasonings. Cook until thick and perfectly smooth.

The same mixture may be prepared by placing bread and cheese in layers, in buttered pudding dish, and pouring over it milk, mixed with egg and seasoning, then baking till firm, in moderate oven, testing with knife, as for all custard mixtures.

Macaroni, rice, or other cooked cereal may be substituted for bread crumbs. More or less cheese may be used. One egg will often be sufficient, or three may be preferred. Whites and yolks may be separated and whites stiffly beaten, folded in last. Then bake in buttered pudding dish.

RAREBIT

½ cup milk or cream
2 cups or ½ lb. cheese
2 tablespoons butter
2 eggs
½ teaspoon salt
sprinkle cayenne
¼ soda

Put milk and grated cheese in upper part of double boiler, or blazer of chafing dish. When cheese is melted, add butter. Pour this mixture over eggs, slightly beaten then return to double boiler. Add soda and seasoning. Stir constantly, and cook until smooth and thick. Serve at once, over slices of toast, or hot crisp crackers.

COTTAGE CHEESE

2 cups whole milk
1 teaspoon butter
2 tablespoons cream
½ teaspoon salt

Let milk stand in warm place (90 to 99 degrees F), until it curdles. Drain through cheese cloth place over colander; press until whey ceases to separate; add butter and cream, and shape into balls or cakes, with spatula. Or, use sour milk and heat it gently in double boiler until the curd forms, then proceed as above.

MACARONI AND SPAGHETTI

Macaroni and spaghetti are starchy foods, and dishes made from either are served in place of potatoes, and when combined with cheese, also as a meat substitute. If they are carefully and thoroughly cooked, they are pleasing in appearance and palatable. They should be cooked in rapidly boiling, salted water until tender, then drained and rinsed in cold water. This keeps the pieces from becoming mushy and sticking together. They may be used interchangeably in recipes, for they differ in form, rather than in content.

SPAGHETTI AND TOMATOES

Cook spaghetti in boiling salted water until tender. Drain and rinse. Put a layer of the spaghetti in a buttered baking dish. Cover it with a layer of stewed or canned tomatoes well seasoned with salt and paprika. Dot with butter, ½-inch cubes of bacon and onion chopped fine. Repeat layers until dish is full. Cover with buttered crumbs and put in an oven and bake until hot throughout. A little grated cheese may be sprinkled on each layer of tomatoes if desired.

MACARONI WITH CHEESE

1 cup macaroni
1½ cup white sauce (see page 28)
¼ cup chopped or grated cheese
Buttered crumbs

Break macaroni into pieces one inch long. Drop slowly into 2 quarts of boiling salted water and cook till tender (20 to 40 minutes); drain in a colander. Hot water poured over it will wash off some of surplus starch, and separate parts. Stir cheese into hot, well-seasoned white sauce and put macaroni and sauce in buttered baking dish in layers; sprinkle buttered crumbs on top and brown well in hot oven.

VEGETABLES

Vegetables should form a large part of our daily diet. They contain pure water and mineral matter and also health-promoting vitamines. In addition they contain woody fibres or cellulose which stimulate the intestines.

GENERAL RULES FOR COOKING VEGETABLES

Wash thoroughly. Pare, peel or scrape, if skins must be removed. Skins should be left on to keep in all the food value possible. Beets must never be peeled before cooking. Soak in cold water until ready to cook. Cook in freshly boiling salted water until tender.

Allow 1 teaspoon salt to 1 quart of water. Use enough boiling water to cover vegetables. Salt may be added when vegetables are put in, except in the case of delicate green vegetables, as peas, spinach, etc., when it should not be added until the vegetables are nearly done. To preserve the color of green vegetables, cook uncovered. Cabbage, onions and turnips should be cooked uncovered in a large quantity of water. By changing the water once or twice during the cooking, much of the strong odor and flavor may be lost. Water in which vegetables have been cooked is called vegetable stock and should never be thrown away but used in soups and sauces.

Winter vegetables should be kept in a cool, dark, dry place. Fresh vegetables may be washed and kept on ice in a clean piece of cloth.

GENERAL TABLE FOR COOKING VEGETABLES

Vegetables	Special Directions	Time for Cooking	Serve
Asparagus	Tough lower ends cut off	20 to 40 minutes	On toast with drawn butter or other sauce
Beets	Cook unpeeled	1 to 4 hours	With butter
Green Beans	Remove strings and cut in 1-inch lengths	1 to 2 hours	With butter
Brussel Sprouts	Remove wilted or yellow leaves. Soak in salt cold water for an hour	15 to 20 minutes	With butter or any sauce
Cabbage	Cut small head of cabbage into 4 parts. Soak in cold salt water	25 to 45 minutes	With butter or cream sauce
Carrots	Scrape, do not peel. Cut in slices or cubes if large or old	20 to 30 minutes	With butter or cream sauce or see p. 35.

Vegetables	Special Directions	Time for Cooking	Serve
Cauliflower	Remove green leaves and thick stock. Soak head down in cold water containing teaspoonful of salt and teaspoonful of vinegar.	20 to 25 minutes	With butter or cream sauce.
Celery	Remove leaves. Scrape stalk. Cut in 3-inch pieces. Change water, after cooking 15 minutes rapidly; cook slowly 15 minutes more.	30 minutes	With butter or cream sauce, or see p. 35.
Cucumbers	Peel and cut in thick slices.	15 minutes	With butter or flour and butter sauce.
Corn on cob	Remove husks and silk	15 to 20 minutes	Wrap in napkin.
Egg Plant	See page 36 for special recipe		
Onions	Peel and cut off roots	20 to 40 minutes	With butter or cream sauce. or see p. 36.
Okra	See page 36 for special recipe		
Parsnips	Wash and boil and then scrape off the skins. Cut in slices.	35 to 40 minutes	With butter or cream sauce.
Peas	Shell and boil slowly. Add salt when nearly done.	20 to 40 minutes	With butter or a little milk, or see pp. 36, 37.
Potatoes	Scrape when old and cook with skins on when young.	25 to 30 minutes	See pp. 37, 38.
Spinach	Wash thoroughly in five or six waters. Use very little water in cooking.	15 to 20 minutes	Chopped and served with butter and a little vinegar, if desired, or with cream sauce.
Squash (summer)	Peel and cut (if the squash is very old the seeds should be removed).	30 to 35 minutes	Mashed, with salt, pepper and butter.
Squash (winter)	May be served as summer squash, only always remove seeds and stringy portion.	1 to 1½ hours	Mashed. See p. 38.

Vegetables	Special Directions	Time for Cooking	Serve
Tomatoes	Peel and cut in pieces.	20 to 30 minutes	Add sugar, salt and pepper, or see p. 38.
Turnips	Peel and slice. Mash with wooden masher when done.	40 to 50 minutes	Mashed, with butter, salt and pepper, or see p. 38.
Lima Beans	Boil gently and add salt when they are nearly done.	25 to 30 minutes	With butter.

ASPARAGUS

Tough lower ends should be cut off. Cook in deep sauce-pan standing upright. The steam will cook the tender tips while the hard stocks will be cooked in the boiling water. Or break into inch pieces, cooking tip parts first and adding the tender tips the last 15 minutes. Serve on toast with drawn butter or with white or Hollandaise sauce or bake the cooked asparagus with Golden sauce.

GOLDEN SAUCE

3 tablespoons butter
3 tablespoons flour
1½ cups milk
½ teaspoon salt
⅛ teaspoon pepper
2 egg yolks
1 teaspoon lemon juice or vinegar

Make sauce of first three ingredients, salt and pepper. Beat egg yolks slightly and just before serving, add sauce and heat. Add lemon juice and serve at once.

BUTTERED VEGETABLES

Beets, green peas, brussel sprouts, carrots, green peas, cauliflower, parsnips, turnips may be simply boiled and served with drawn butter. For general directions, see pages 32 to 34.

SCALLOPED CABBAGE

½ head cabbage
1½ cups white sauce (see page 28)
4 tablespoons grated cheese
¼ teaspoon pepper
½ cup bread crumbs
2 tablespoons lemon juice
1 teaspoon salt

Soak and wash half a head of firm cabbage in salted water. Then boil cabbage; change water two or three times during cooking. Allow to cook and cut fine. Into a well-greased baking-dish put a layer of well-seasoned cabbage (salt, pepper, lemon juice), a layer of white sauce, and continue making layers until all of the ingredients are used. Put well-buttered bread crumbs over top of the mixture and cover them with a layer of grated cheese. Bake (covered) until the mixture is bubbling hot. Then remove, cover and brown.

STUFFED CABBAGE

1 medium-sized cabbage
1 pound beef
1 slice bacon or salt pork
1 onion
½ cup bread crumbs
½ cup milk
1 egg
Seasoning
1 green pepper

Select solid cabbage, not too large, remove outside leaves, cut out stalk end, leaving a hollow shell. Chop uncooked beef, with bacon and onion. Add crumbs soaked in milk, beaten egg, salt and pepper. Shape mixture into balls or cakes, arrange in cabbage. Arrange strips of sweet pepper on top of cabbage, tie in cheese-cloth, then steam or boil until tender. Serve with tomato sauce.

CARROT LOAF

1½ cups ground raw carrots
1 cup boiled rice
1 cup ground peanuts
1 egg
Salt, pepper
2 tablespoons red or green peppers
3 tablespoons minced bacon or other fat
1 tablespoon onion juice
½ teaspoon mustard

Mix ingredients in order given and bake the loaf in a moderate oven 1 hour. Serve with tomato sauce if desired.

CELERY, CREOLE STYLE

1 cup diced celery
2 tablespoons finely chopped onion
1 tablespoon butter
2 teaspoons finely chopped green pepper
½ cup canned tomatoes
½ cup boiling water
½ teaspoon salt

Put celery in saucepan with boiling water and boil 10 minutes or until tender. Melt butter, add onion, salt and pepper, and cook slowly 5 minutes and stir in the tomatoes, add celery and cook the entire mixture 10 to 15 minutes longer.

SUCCOTASH

To a pint of cooked corn add a pint of cooked and seasoned shelled beans.

SCALLOPED CORN

¼ cup butter
¼ cup flour
½ teaspoon salt
1 tablespoon sugar
1 pint fresh corn or drained, canned corn
1 cup bread crumbs
2 tablespoons cream
1½ cup milk

Heat the milk in a double boiler. Mix the butter and flour together, and add the hot milk, stirring constantly. Then add the corn, salt and sugar. Let come to the boiling point and turn into a baking dish. Cover the top with the bread crumbs, moistened slightly with cream, and bake 15 to 20 minutes. A tablespoon of butter may be used instead of the cream.

CORN A LA SOUTHERN

1 can corn
2 eggs
2 tablespoons melted butter
1 pint scalded milk
1 medium-sized green pepper
1 teaspoon salt
⅛ teaspoon pepper

Chop pepper, mix ingredients in order given, pour into buttered pudding dish, and bake slowly till firm. Fresh corn cut from the cob may be used in the same manner.

FRIED EGGPLANT

Pare an eggplant, cut in thin slices, sprinkle with salt and pile on a plate. Cover with weight to extract the juice and let stand for one and a half hours, or soak in brine for same time. Dredge with flour and fry slowly until crisp and brown, or dip in egg and crumbs, fry.

STUFFED EGGPLANT

1 eggplant	2 tablespoons butter	1 egg
1 cup crumbs	½ tablespoon onion	Seasoning

Cook eggplant 15 minutes in enough boiling salted water to cover. Cut a slice from top and with a spoon remove pulp, taking care not to work too close to skin. Chop pulp, add soft stale bread crumbs. Melt butter, add finely-chopped onion, and cook 5 minutes. Add to chopped pulp and bread, season with pepper and salt, and, if necessary, moisten with a little water. Cook 5 minutes, cool slightly, and add 1 beaten egg. Refill shell with mixture and bake 25 minutes in a hot oven.

Cooked rice or macaroni may be substituted for crumbs. Chopped meat may be added.

BOILED ONIONS IN WHITE SAUCE

Peel the onions and cut off the roots, dropping into cold water as fast as they are peeled. Drain from the cold water and put in a stewpan with boiling water to cover generously. Add 1 teaspoon of salt for each quart of water. Boil rapidly for 10 minutes, with the cover partly off the saucepan. Drain off water and cover onions with hot sweet milk (a quart of onions will require a pint of milk). Simmer for half an hour. Beat together 1 tablespoon of butter and 1 level tablespoon of flour. Add 1 teaspoon of salt and ¼ teaspoon of white pepper.

OKRA, RICE AND TOMATOES

1 quart okra	½ can tomatoes	Salt and pepper
1 cup rice	2 tablespoons butter	Sprinkle of paprika

Wash rice and cook in boiling, salted water until tender; drain, and add butter, salt, pepper and paprika. Cut okra in slices and cook in small quantity of boiling water. When nearly ready, add tomatoes and rice. Serve hot.

PARSNIP FRITTERS

Wash and cook parsnips in boiling water 15 minutes; remove the skins, mash; season with salt, pepper and butter. Flour the hands or dip them in cold water and shape the mixture into small cakes. Dip these cakes in flour and fry in hot fat.

PEAS WITH PORK

1 quart peas	1 tablespoon butter	2 small white onions
½ cup pork	½ cup water	¼ teaspoon pepper

Cut pork into small bits. Put butter in stewpan, cover and place over the fire. When butter is melted, add pork and cook gently until a light brown, then add water, peas, onion and pepper. This is a good way to cook peas when they are a little old and hard.

PEAS WITH LETTUCE

1 quart peas
2 tablespoons butter
1 head lettuce, the heart
1 small onion
1 teaspoon sugar
¼ cup water

Put all ingredients into a stewpan; cover, and place over the fire and cook for 5 minutes, tossing the vegetables several times. Now draw the pan back where the contents will simmer slowly for half an hour.

MASHED POTATOES

1 pint boiled potatoes
½ teaspoon salt
Speck Pepper
2 tablespoons butter
¼ cup hot milk

Mash with wire masher, or put through ricer, the hot potatoes. Add seasoning, quantity of milk used will vary with quality of potatoes. Use just enough to moisten well, but potatoes should not seem watery. Place over fire again and beat till light and smooth.

POTATO CROQUETTES

2 cups mashed potatoes
⅛ teaspoon white pepper
½ teaspoon salt
1 egg or 2 yolks
2 tablespoons butter
¼ teaspoons celery salt

Beat the eggs, mix with potatoes and add other ingredients. A little milk is sometimes needed if potatoes are dry. Heat mixture in a saucepan, stirring; when it leaves the side of the pan, turn it on to flat dish; when cool, divide, shape, crumb and fry.

STUFFED POTATOES

Select medium-sized, smooth-skinned oval potatoes. Bake in a hot oven until tender, being careful not to overbrown the skin. Cut the potatoes in two lengthwise, remove the potato pulp, being careful to leave shells unbroken. Mash the hot potato, add either milk or cream as for mashed potato. Season as follows: To each cup of potato add ½ teaspoon salt and ⅛ teaspoon pepper. Fill the shells with this mixture, rounding the surface so that it is the shape of the original potato. Sprinkle grated cheese over the top and bake for 10 minutes in a hot oven.

SCALLOPED POTATOES

Remove the skins from boiled or steamed potatoes, and cut them in slices ¼ inch thick. Arrange the slices in layers in a buttered baking-dish, covering each layer with white sauce (see page 28). Sprinkle the top with buttered crumbs, and bake the potatoes for about 20 minutes. Sliced hard-cooked eggs or grated cheese may be used for variation.

CREAMED POTATOES

Boiled or steamed potatoes may be sliced, diced, or, if small, left whole and served with white sauce.

GLAZED SWEET POTATOES

6 medium sized sweet potatoes
¼ cup water
½ cup brown sugar
1 tablespoon butter

Wash and pare the potatoes. Cook 10 minutes in boiling salt water. Drain, cut in halves lengthwise, and put in a buttered pan. Make a syrup of sugar and water; add butter. Brush potatoes with syrup and bake 15 minutes, basting twice with remaining syrup.

POTATOES AU GRATIN

Put creamed potatoes into a buttered baking-dish, cover the top with buttered crumbs, and bake the dish in a moderate oven until it is brown on top, about 25 minutes.

WINTER SQUASH

Cut off top of small Hubbard squash, remove seeds and stringy portion, place in pan and steam or bake about two hours until tender. Remove pulp from shell, keeping large shell intact; put pulp through ricer, season with salt, pepper and butter, and 2 tablespoons of cream. If desired, a little sugar or molasses may also be added, and return to shell. Smooth surface to a dome shape and score with knife, brush over with milk and egg, add specks of butter, then place in oven a few minutes with milk and egg. Serve on a folded napkin on individual plates, or on chop plates. Part of second squash is needed to make a full shell.

ESCALLOPED TOMATOES

1 pint peeled and cut tomatoes
2 cups grated bread crumbs
1 teaspoon salt
1 tablespoon butter
A suggestion of pepper

Reserve 3 tablespoons of bread crumbs and spread the remainder on a pan. Brown in the oven, being careful not to burn them. Mix the tomato, browned crumbs, salt, pepper and half the butter together, and put in a shallow baking dish. Spread the unbrowned crumbs on top, and dot with the remainder of the butter cut into bits. Bake in a moderately hot oven for half an hour. The top of this dish should be brown and crisp.

TOMATOES, CORN AND CHEESE

1 can sweet corn
1 pint canned tomatoes
½ pound cottage cheese
1 tablespoon cracker crumbs
1 tablespoon butter

Fresh corn and tomatoes can be used also. Put a layer of corn in a buttered baking dish, layer of tomatoes, a layer of cheese, and repeat. Sprinkle cracker crumbs over top, dot with butter, and bake for one-half hour.

HASHED TURNIPS

Chop the drained turnips into rather large pieces. Return to the stewpan, and for a pint and a half of turnips, add a teaspoon of salt, ¼ of a teaspoon of pepper, a tablespoon of butter and 4 tablespoons of water. Cook over a very hot fire until the turnips have absorbed all the seasonings. Serve at once.

BAKED BEANS

1 quart beans
½ pound salt fat pork or vegetable oil
1 teaspoon mustard
¼ cup molasses
1 teaspoon salt

Pick over and wash beans; cover with cold water and soak overnight. In the morning, drain, cover with fresh water and cook slowly below boiling point until soft, then drain. Put ¼-inch slices of salt pork in the bottom of an earthen bean pot or covered crock. Put beans in pot and bury the remaining pork (which should be gashed in several places) in the beans. Mix the salt, mustard and molasses in a cup; fill the cup with boiling water and pour the mixture over the beans. Add enough more boiling water to cover beans. Cover bean pot, put in oven, and bake in a moderate oven 5 to 8 hours. If baked a long time, they become dark and have a rich flavor. One cup oil may be used instead of the pork.

RED BEANS

Red beans may be cooked as lima beans. They may be served in white sauce (see page 28), tomato or meat-stock sauce.

STUFFED PEPPERS

6 green peppers
½ cup English walnuts
1 large onion
1 teaspoon salt
1 teaspoon melted fat
⅛ teaspoon pepper
½ cup bread crumbs
½ cup milk

Select broad peppers that will stand on end and are easy to serve. Cut top from each pepper. Remove seeds and parboil 15 minutes. Stuff with filling mixed in the order given above. Bake 20 minutes, basting frequently with hot water. Any left-over meat can be substituted for the nuts. Tomatoes and rice make an excellent filling for peppers.

CHILI CON CARNE

1 pint dried lima beans or kidney beans, soaked overnight
2 cups beef chopped
1 teaspoon salt
½ cup suet, forced through food chopper
1 red pepper, cut in strips
½ onion, sliced
⅛ teaspoon pepper
½ teaspoon mustard
1 tablespoon vinegar
Tomatoes to cover

Arrange ingredients in layers in a bean pot. Cover with water and bake slowly 3 or 4 hours.

SALADS AND SALAD DRESSINGS

Salads which usually are made from either vegetables or fruits or combinations of both should be more commonly used. They should be cold, crisp, well mixed and attractively served with oil dressing, mayonnaise or a boiled dressing. Salad plants include lettuce, romaine, endive, chickory, escarole, sorrel and water-cress, and vegetables such as onion, cabbage, celery, cucumber and tomatoes.

POTATO SALAD

2 cups freshly boiled potatoes
1 teaspoon salt
⅛ teaspoon pepper
Few drops onion juice
1 tablespoon finely-minced parsley
About 3 tablespoons olive oil
1 tablespoon vinegar

Cut potatoes in ½-inch cubes. Add seasoning, then olive oil, only what the potatoes will absorb, then add vinegar and mix carefully until it is absorbed. Mound on a bed of lettuce in a shallow dish. Egg yolks make an attractive garnish if put through a ricer.

EGG SALAD

1. Cut the whites of hard-cooked eggs into eighths lengthwise, arrange on lettuce to simulate the petals of a flower. Put yolks through ricer and arrange in the center of whites. Serve with boiled dressing.

2. Cut eggs lengthwise in quarters and serve on lettuce with boiled dressing.

3. Chop whites finely and arrange on lettuce. Put yolk through ricer and mound in the center. Serve with boiled dressing.

4. Diced hard-boiled eggs and sliced cucumbers may be added to potatoes.

DEVILED EGGS

Cut hard-cooked eggs crosswise or lengthwise, remove yolks, mix with vinegar and seasoning, or with boiled dressing. Refill yolks in the whites. Cold minced ham or chicken may be added to the yolks. French dressing may be used instead of vinegar.

CHICKEN SALAD

Remove bones and gristle, fat and skin, from cold, cooked meat. Cut meat into ½-inch cubes and mix it with an equal amount of celery which has been scraped, chilled and cut in small pieces. Moisten with French dressing. Add mayonnaise dressing or boiled dressing to taste. Arrange on lettuce leaves; garnish with curled celery.

Veal, flaked fish, such as salmon, tuna, etc., may be mixed and used in the same way.

CHEESE AND NUT SALAD

1 cup cheese
1 tablespoon melted butter
½ cup sweet cream
⅓ cup chopped nuts
¼ cup chopped pimento
½ cup chopped olives

Mash the cheese, moisten with cream and melted butter, season with salt and cayenne, add chopped nuts, pimento and olives, press into a mold and let stand 2 hours. Cut in slices and serve on lettuce with mayonnaise dressing. Combine mild cream cheese with pimento, shape into small balls and serve on head lettuce with French dressing.

MACEDOINE SALAD

1 cup cooked carrot strips
1 cup cooked potato cubes
1 cup cooked string beans
2 tablespoons finely-chopped parsley
Shredded lettuce
French dressing

Arrange shredded lettuce on salad plates. Mix vegetables with French dressing. Put a spoonful on each plate. Serve.

COLD SLAW

Finely shred cabbage, soak 1 hour in cold water and drain. Mix shredded cabbage with salad dressing. Serve on lettuce leaves. Finely-chopped green pepper, onion and pimento may be added.

WALDORF SALAD

1 cup cubed apple	1 cup nut meats	Salad dressing to
1 cup celery		moisten

Cut slice from tops of green or red apples; scoop out the inside pulp, leaving just enough to hold the skin in place. Fill the shells with salad mixture and serve on lettuce leaves. A little salad dressing may be put on top of each.

FRUIT SALAD

2 oranges	½ pound malaga grapes	12 walnuts
3 bananas	4 slices pineapple, cubed	

Mix fruit and serve salad dressing on top, or add fruit salad dressing to moisten. Mix with whipped cream or fruit salad dressing, or salad dressing only. May be served in orange cups.

FRUIT SALAD DRESSING

½ cup pineapple	2 eggs	½ cup sugar
¼ cup lemon juice	1 cup whipped cream	

Beat 2 eggs, add sugar, pineapple and lemon juice. Cook in double boiler, stirring constantly until thickened, then set aside to cool. Whip the cream and fold into the mixture just before serving. Very delicious for all fruit salads.

MAYONNAISE DRESSING

A few grains of paprika	½ teaspoon mustard, if desired	1 tablespoon lemon juice
½ teaspoon salt	1 cup olive oil	1 tablespoon vinegar
The yolk of 1 egg		
1 teaspoon powdered sugar		

Mix the salt and paprika, add other seasonings, and the yolks; beat well, adding the acid, gradually, beating it in with a Dover egg-beater. When all the acid has been added, turn in a teaspoonful of olive or other vegetable oil and continue the beating; add oil, a teaspoonful at a time, three or four times, beating vigorously meanwhile; then add the oil by the tablespoonful until all has been used. At the last beat in two or three tablespoonfuls of boiling water. The boiling water is thought to keep the sauce from "turning" or curdling after it has been set aside. By adding all of the acid to the yolks before oil is used, the egg-beater may be used from the beginning. The larger surface over which the oil is spread lessens the liability of the mixture to curdle. After the sauce is mixed, cover with an earthen or glass dish and set aside in a cool place.

BOILED SALAD DRESSING

1 teaspoon salt	Few grains cayenne	2½ tablespoons flour
1 teaspoon mustard	2 tablespoons butter	Yolks, 2 eggs or 1 egg
2 teaspoons sugar	or oil	¾ cup scalded milk
		½ cup hot vinegar

Mix the salt, mustard, 2 tablespoons oil, sugar and cayenne. Add the yolks and mix thoroughly. Stir flour with 1 tablespoon cold water until smooth. Add a little of the scalded milk, stir, pour it into the scalded milk. Cook in a double boiler, continue stirring until thickened. Pour it into the yolk mixture, return to double boiler, add the hot vinegar, stirring constantly until the mixture thickens. Cool before using. If cooked too long, it will curdle.

FRENCH DRESSING

½ teaspoon salt	½ teaspoon powdered	1 tablespoon lemon juice
⅛ teaspoon white pepper	sugar	1 tablespoon vinegar
⅛ teaspoon paprika	Pinch of mustard	4 tablespoons olive oil

Mix dry ingredients, add oil and stir till thoroughly mixed; then add vinegar and lemon juice, a few drops at a time and beat till an emulsion is formed. Or, ingredients may all be placed in a bottle and shaken vigorously together to form an emulsion.

THOUSAND ISLAND SALAD DRESSING

½ cup olive oil	½ teaspoon mustard	½ teaspoon salt
Juice ½ lemon	8 olives, sliced	½ teaspoon paprika
Juice ½ orange	8 cooked chestnuts,	1 teaspoon Worcester-
1 teaspoon grated onion	sliced	shire sauce
3 teaspoons parsley, chopped fine		½ cup mayonnaise

Put the ingredients for the dressing into a fruit jar, adjust 1 or 2 rubbers and the cover. Shake until the mixture is smooth and thickened a little. This is sufficient for 12 portions. Pour over lettuce, washed and dried, or serve the lettuce and dressing separately.

PUDDINGS

RICE PUDDING

1 quart scalded milk	½ cup sugar	2 eggs
1 cup boiled rice	¼ teaspoon salt	

Rice may be cooked in water or milk. Stir into milk, add sugar, salt and eggs, slightly beaten. 1 tablespoon butter may be added. Flavor as desired. Bake or steam in buttered shallow baking dish, till firm. Yolks only may be used. Meringue may be added, if desired.

STEAMED CHOCOLATE PUDDING

3 tablespoons	1 egg	4½ teaspoons baking-powder
shortening	1 cup milk	½ teaspoon salt
⅔ cup sugar	1½–1¾ cups flour	2 squares chocolate

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

Cream shortening, add sugar gradually, and egg well beaten. Mix and sift flour with baking-powder and salt, add alternately with milk to first mixture. Then add melted chocolate. Turn into buttered molds. Cover and steam 2 hours. Serve with chocolate sauce.

STEAMED PUDDING

2 cups flour (pastry)
½ teaspoon salt
½ teaspoon soda
½ teaspoon mixed spice
½ cup molasses
½ cup sour milk
2 tablespoons shortening, melted
½ cup chopped nuts or raisins

Mix as for gingerbread or Boston brown bread. Spice may be cinnamon, nutmeg, cloves or ginger. It is unnecessary to use butter for shortening, as spice and molasses cover its flavor. Fruit used may be raisins, currants, dates, figs, citron, etc. Any kind of nuts may be used, or part fruit and nuts. Grease molds. This will fill six good-sized molds. Steam 1 to 2 hours. Serve with sauce.

FRUIT RICE PUDDING

2 cups rice
2 cups milk
½ cup chopped dates
¼ cup chopped nuts
½ cup chopped figs
½ cup sugar
1 teaspoon cinnamon
½ teaspoon nutmeg

Put 2 cups of boiled rice in a baking dish, add 2 cups sweet milk, the sugar, chopped dates, figs and nuts, season with cinnamon and nutmeg. Bake until brown. Serve with a lemon sauce.

ENGLISH PLUM PUDDING

½ pound stale bread crumbs
1 cup scalded milk
½ pound sugar
2 eggs
½ pound raisins, seeded, cut in pieces and floured
½ pound currants
2 ounces finely cut citron
½ pound suet
¼ cup fruit juice
½ grated nutmeg
½ teaspoon cinnamon
½ teaspoon cloves
½ teaspoon mace
1½ teaspoons salt

Soak bread crumbs in milk, let stand until cool, add sugar, beaten yolks of eggs, raisins, currants and citron; chop suet, and cream by using the hand; combine mixtures, then add fruit juice, nutmeg, cinnamon, cloves, mace and whites of eggs beaten stiff. Turn into buttered mold, cover and steam 6 hours. Serve with hard sauce.

FRUIT CHOCOLATE BLANC MANGE

2 tablespoons cornstarch
2 cups milk
¼ cup sugar
1 ounce chocolate
½ cup dates
½ cup chopped figs
½ cup raisins
Pinch of salt
Lemon rind

Dissolve the cornstarch in a little of the cold milk. Put into the remainder of the milk, the sugar, salt and a slice of lemon rind and heat to the scalding point. Then add the cornstarch and boil (stirring briskly) four minutes. Take the lemon rind out, stir in the melted chocolate and boil for a few minutes longer. Remove from the fire. Stir in the dates, chopped figs and raisins. Pour into oblong pan, when cold cut into squares and serve with lemon or orange sauce.

DESSERT SAUCES

CHOCOLATE SAUCE

½ ounce chocolate
½ cup sugar
2 tablespoons hot water
½ cup hot milk
2 eggs
½ cup double cream
¼ teaspoon cinnamon
½ teaspoon vanilla

Melt chocolate, add sugar and hot water, and cook until smooth and glossy. Add milk. Beat eggs. Combine as for a custard; strain. When cold, add flavoring and whipped cream.

CREAMY HARD SAUCE

½ cup butter
1 cup powdered sugar
½ cup thick cream, whipped
1 teaspoon vanilla

Cream butter well. Add sugar gradually and enough cream to pour. Add vanilla.

HARD SAUCE

1 tablespoon boiling water
½ cup butter
1 teaspoon vanilla
½ teaspoon nutmeg or mace
1 cup sugar

Pour boiling water over butter, stir until creamy, add flavoring, then stir in sugar.

CARAMEL SAUCE

Butter the inside of a granite sauce pan, add 2 ounces of unsweetened chocolate, and melt over hot water; add 2 cups of light brown sugar, and mix well; then add an ounce of butter and ½ cup of rich milk. Cook until the mixture forms a soft ball in cold water, then take from fire, and flavor with vanilla. Put into a sauce boat and pour while hot over each service of ice cream.

CHOCOLATE SAUCE

(To be served with vanilla ice cream.)

1½ cups water
½ cup sugar
6 tablespoons grated chocolate
1 tablespoon cornstarch
½ cup cold water
Few grains salt
¾ teaspoon vanilla

Boil water and sugar 5 minutes. Mix chocolate with cornstarch to which water has been added. Combine mixtures, add salt and boil 3 minutes. Flavor with vanilla, and serve hot.

LEMON SAUCE

½ cup sugar
1 cup boiling water
1 tablespoon cornstarch
2 tablespoons butter
1½ tablespoons lemon juice
Few gratings nutmeg
Pinch of salt

Mix the sugar and corn starch. Add the water gradually, stirring constantly. Boil 5 minutes, remove from fire, add the butter, lemon juice and nutmeg. Serve hot.

CAKES

GENERAL RULES FOR PREPARATION

Have all necessary utensils and ingredients ready before starting work. A round-bottomed bowl is the best type of mixing bowl to use. A wooden spoon is more suitable to use for beating than a metal spoon, and is noiseless, too. For beating egg-whites a wire beater should be used.

Sift all dry materials before measuring. After combining dry materials, flour, baking-powder and spices, sift again. Break the eggs carefully and in separating see that no particles of the yolk are dropped in the whites. A few grains of salt improves the flavor of a cake.

Combine materials lightly and quickly.

Grease the cake pan in which "butter cakes" are baked with melted shortening and sift a layer of flour over this, then shake off surplus.

Pans for butterless cakes, such as sponge cake, should never be oiled, floured, or lined with paper.

Fill cake tins two-thirds full and press the cake mixture from the center to the corners of the pan so the finished product will be level on the top. Pastry chefs recommend a round pan with a tube for loaf cake.

The oven temperature and time required for baking depend upon the size and kind of cake. In general, oven temperature should be moderate and steady and increased gradually. If the temperature is too high a crust is formed before the cake has had a chance to rise fully, and the finished product will show cracks and uneveness. If the cake browns too quickly on top, cover with oiled paper. The cake should be placed in or near the center of the oven so it will bake evenly. The first five minutes of the baking, the oven door should not be opened and during the baking period not oftener than every ten minutes.

INGREDIENTS

The shortening used in cake making must be of the best quality. The equivalent for ½ cup of butter are as follows:

½ cup oleomargarine	7 tablespoons vegetable cooking fats	6½ tablespoons lard 1½ cups thick cream

If lard or vegetable cooking fat is used in place of butter the liquid should be increased slightly and cake mixtures beaten thoroughly. If cream is used, omit milk called for in recipe.

Fine granulated sugar makes a finer-textured crust than coarse granulated sugar. If coarse sugar is used it should be sifted and only the finer particles put in the mixture.

Pastry flour made from the winter wheat makes a lighter, whiter and more tender cake than bread flour made from the spring wheat. If bread flour is substituted about 2 tablespoons less to a cup should be used, or the cake mixture will be too stiff. Sifting the flour several times tends to give the cake a fine mixture.

Baking-powder is the most satisfactory and commonly used leavening agent.

When fruits and nuts are used they should be rolled in flour. Since nuts contain fat, the amount of butter or butter substitutes should be

reduced from 1 to 1½ tablespoons to each cup of nuts used. A few grains of salt add a desirable flavor to the finished product.

PLAIN CAKE

½ cup shortening
1 cup sugar
2 eggs
1½ cups flour (pastry)
2 teaspoons baking-powder
½ cup milk
½ teaspoon flavoring

Cream the butter, add sugar gradually. Separate white and yolks of eggs. Beat yolks till light, add to creamed butter and sugar. Sift together remaining dry ingredients. Add these alternately with milk, beating thoroughly. Flavor with vanilla. Beat egg whites till stiff and fold these into batter. Bake in a moderate oven in a loaf pan for about 45 minutes.

SPICE CAKE

½ cup shortening
1 cup brown sugar
3 eggs
¾ cup water
1 teaspoon soda
3 cups flour
1 teaspoon mixed allspice, nutmeg, cloves
1 teaspoon cinnamon
Sprinkle ground mace
½ cup raisins
¼ cup currants
¼ cup citron

Mix as for other butter cakes. Raisins and currants should be chopped, or cut up fine. Citron will cut up more easily if first softened by steaming over hot water. Part of flour must be reserved to sift over fruit, which should be well beaten in, before stiff egg whites are folded in. Bake in loaf or tube pan, in very moderate oven, for about 50 minutes. It is usually well to line pan with several thicknesses of greased paper.

JELLY ROLL

2 eggs
⅞ cup sugar
Grated rind of lemon
1 cup flour
2½ teaspoons baking-powder
¼ teaspoon salt
½ cup hot milk

Beat eggs, add sugar and beat well. Add lemon rind. Sift flour with baking-powder and salt; add alternately with the milk. Bake 15 to 20 minutes in greased bread pan and turn out on a damp cloth. Spread with jelly and roll. Dredge top with powdered sugar.

MARSHMALLOW CAKE

½ cup shortening
1½ cups sugar
½ cup milk
2½ cups flour
3 teaspoons baking-powder
4 egg whites
½ teaspoon cream of tartar
⅛ teaspoon salt
1 teaspoon vanilla

Cream the shortening, add the sugar gradually. Mix and sift the dry ingredients, flour, baking-powder, cream of tartar and salt; add them alternately with the milk to the cream mixture. Lastly, add the stiffly beaten egg-whites and the flavoring. Bake in layer cake pans about 30 minutes in a moderate oven temperature. Put layers together with marshmallow frosting and ice with French cream frosting.

DEVIL'S FOOD CAKE

½ cup butter
2 cups sugar
1 cup milk
4 eggs
1 teaspoon vanilla
4 teaspoons baking-powder
¼ teaspoon salt
4 squares bitter chocolate
2½ cups flour (pastry)

Cream the shortening, add the sugar gradually and the egg-yolks that have been beaten until thick and lemon-colored. Mix and sift the dry ingredients, flour, baking-powder and salt; and add alternately with the milk. Lastly add the egg-whites beaten until stiff, melted chocolate and vanilla. Bake from 45 minutes to an hour in a moderate oven. Bake in round pan with tube.

ANGEL CAKE

7 egg whites
1 cup fine granulated sugar
¾ cup pastry flour
Few grains salt
1½ teaspoons baking-powder
1 teaspoon vanilla

Place the egg-whites on a platter and beat with a wire beater until foaming; add cream of tartar and continue beating until they are stiff. Add the sugar gradually by folding it into the egg mixture with a spatula or cake spoon, then fold in the dry materials, flour, baking-powder and salt, that have been sifted together four times. Lastly add the vanilla. Bake in a greased tube pan from 45 minutes to 1 hour in a moderate oven.

FRUIT CAKE

1 pound (2 cups) shortening
1 pound (2 cups) light brown sugar
7 eggs
1 pound (4 cups) flour
2 teaspoons mace
2 teaspoons cinnamon
2 teaspoons baking-powder
Few grains salt
2 tablespoons fruit juice
2 tablespoons milk
2 pounds currants
2 pounds raisins, seeded and finely chopped
½ pound date meats, finely chopped
½ pound citron, thinly sliced and cut into short strips

Cream the shortening, add sugar gradually and beat for 5 minutes. Beat the egg yolks until light and lemon-colored and the whites until stiff and dry. Add these to the butter and sugar mixture, then add the milk, fruit juice, chopped nuts and fruit that have been rolled in flour. Lastly, add the well-sifted dry ingredients (flour, spices, baking-powder and salt), beat the mixture thoroughly and place in deep, round cake pans lined with several thicknesses of oiled paper. Bake 3 to 4 hours in a slow oven. If the oven is difficult to regulate, cover the cake with several thicknesses of oiled paper the last hour of the baking.

MARTHA WASHINGTON PIE

Bake cream of sponge cake mixture in 2 layers. Cool; fill between layers and spread on top with whipped cream, sweetened and flavored with vanilla.

CAKE FROSTINGS AND FILLINGS

Good frosting requires as much skill in making as candy. Boiled frostings are more delicious than those made with confectioners' sugar. When sugar is scarce, omit frostings on cakes, and use fillings only.

BOILED FROSTING OR WHITE MOUNTAIN CREAM

1 cup sugar	1/16 teaspoon cream of	Whites of 1 or 2 eggs
⅓ cup water	tartar	1 teaspoon flavoring

Dissolve the sugar and cream of tartar in the water. Cover the saucepan first 5 minutes of cooking to prevent the formation of crystals on the sides of the saucepan. If 1 beaten egg is used, boil the sugar solution to the soft-ball stage, until it forms 2-inch threads when dropped from a spoon or fork. If 2 egg-whites are used, boil to the firm ball stage. The syrup should not be stirred during the process of cooking, nor the saucepan moved. If crystals do collect on the sides of the saucepan, remove with a wet cloth or wet brush. When the sugar solution has boiled to the right temperature pour it gradually into the stiffly-beaten whites of eggs beating continually while pouring and continue beating until of right consistency to spread on the cakes. Flavor.

VARIATIONS OF ABOVE

Nut Frosting.—Add nut meats to White Mountain Cream.

Lady Baltimore Frosting.—Add nut meats, chopped figs, chopped angelica to White Mountain Cream.

Minnehaha Frosting.—Add chopped seeded raisins to White Mountain Cream.

Maple Frosting.—Substitute maple sugar for granulated sugar in White Mountain Cream.

Chocolate Frosting.—Add 1 square melted chocolate to White Mountain Cream.

CREAM FILLING

¾ cup sugar	1 teaspoon salt	2 cups scalded milk
½ cup flour	2 eggs	1 teaspoon vanilla

Mix dry ingredients; add eggs slightly beaten and pour in gradually the scalded milk. Cook 15 minutes in double boiler stirring constantly until thickened. Cool and flavor.

Chocolate Cream Filling.—Add 1½ squares melted chocolate to Cream Filling mixture.

PASTRY

Pastry, if it is to be served at all, should be light, tender and flaky. It is then more easily digested.

Winter wheat flour, called pastry flour, should be used, as it makes the pastry more tender than bread flour. Less shortening is required when pastry flour is used.

The lightness of the pastry depends upon the amount of air enclosed and its expansion in baking.

The flakiness depends upon the number of layers of shortening and paste formed by folding and rolling.

All the ingredients must be cold.

Handle the dough as little as possible, and keep it as cold as possible, as heat melts the shortening and makes it difficult to handle the dough.

PIE CRUST

1 cup flour	½ teaspoon baking-powder	¼ cup shortening
¼ teaspoon salt		¼ cup ice water

Sift together the dry ingredients. Cut in the shortening as for Baking-powder Biscuits, using a large knife or spatula for this operation. The amount of water used will vary with the flour, so the proper consistency of dough must be learned rather than to place dependence on the measure of water. It is well to bear in mind that lard produces a flakier, whiter crust than any other shortening. Equal parts of lard and butter produce better pastry than butter alone. Dough must neither be sticky nor crumbly, and must be easily lifted from the bowl in one mass. If chilled, before rolling, it will be more easily handled. Toss on a floured board and roll lightly, keeping in a circular shape. Roll very thin. This recipe will make one small double crust pie. Bake the pastry shell about 12 minutes in a hot oven temperature.

SINGLE CRUST PIE

Roll the dough larger than the tin. Place carefully over the tin, as crust shrinks in baking. Flatten the crust to tin to press out air. If it is to be filled after baking, prick with fork. If for single crust pie, build up ridge to make greater depth and groove or "flute" the ridge in order that heat may stiffen it more quickly.

DOUBLE CRUST PIE

Fit the lower crust as for single crust pie, but do not build up edge. Have the upper crust rolled out before filling is put in, or else lower crust will become soaked and soggy. The upper crust should be rolled a little larger than needed. The filling should not be piled high, but levelled to avoid cooking over while baking. Moisten the edge of the upper and lower crust with water when the edges are being fluted.

The upper crust should always be perforated, so that the steam may escape. Attractive designs may be cut out with a knife or a pastry jagger. The perforated upper crust should be placed loosely and not stretched over the filling. For a juicy filling, add a small amount of flour to the sugar to prevent the juice escaping from the pie. Sometimes for berry pies, the lower crust is folded over the upper crust, thus making a thick three-layer edge to prevent the escape of the filling. Another way of keeping the juice from boiling out is to brush the bottom of the lower crust with white of egg. Double crust pies usually take between 40 and 50 minutes for baking and require an oven temperature of about 450° F.

LEMON FILLING

4 tablespoons cornstarch	Juice of one lemon	Small amount of rind
1¼ cup boiling water	1 cup sugar	2 eggs
	½ tablespoon butter	

Mix cornstarch and sugar thoroughly. Pour over mixture the boiling water and boil for 5 minutes, stirring constantly. Add butter, lemon juice and rind. Pour this mixture over beaten eggs. Mix well. Cool before putting into baked shell.

MERINGUE

Whites 2 eggs
1½ tablespoons lemon juice
2 tablespoons sugar or powdered sugar
¼ teaspoon vanilla

Beat the whites until stiff; fold in sugar and add flavoring.

COCOANUT CREAM PIE

1½ cups scalded milk
⅓ cup sugar
¼ teaspoon salt
3 tablespoons cornstarch
Yolks 3 eggs
1 tablespoon butter
½ cup shredded cocoanut
½ teaspoon vanilla

Add the sugar, cornstarch and salt to the egg yolks. Pour the scalded milk into this, return to double boiler, stir and cook until thickened. Add the butter, cocoanut and vanilla. Pour into a pie tin lined with pastry Bake. Cover with meringue.

MINCE PIE

Line a pie tin with pastry. Fill with mince meat. Cover with pastry.

MINCE MEAT

1½ cups chopped beef (roast or steak)
1 pint chopped apple
½ cup chopped suet
1⅓ cups sugar
1 cup cider
½ cup syrup from sweet pickle jar
1 teaspoon salt
1 teaspoon mace
Gratings of nutmeg
¼ teaspoon cloves
½ teaspoon cinnamon
½ cup raisins (Sultana preferred)

Mix all together. Cook 1 hour. Put into sterilized jars.

RAISIN PIE

1½ cups seeded raisins
1½ cups boiling water
1 tablespoon flour
½ cup sugar
½ cup finely chopped walnuts
1 tablespoon lemon juice
Grated rind of ½ lemon

Wash the raisins carefully and cook in the boiling water until tender. Mix the flour and sugar and add to the cooked raisins, stirring until it thickens. Add the lemon gratings and walnuts, cool slightly and bake in a double crust pie. The nuts may be omitted.

PUMPKIN PIE

1¼ cups steamed pumpkin forced through a strainer
½ cup sugar
½ teaspoon cinnamon
¼ teaspoon ginger
⅛ teaspoon cloves
½ teaspoon salt
1 slightly beaten egg
⅔ cup milk

Mix ingredients in order given. Bake in a pie tin lined with pastry.

APPLE PIE

5 sour apples
½ teaspoon salt
½ cup sugar
1 teaspoon butter
¼ teaspoon cinnamon
1 teaspoon lemon juice
⅛ teaspoon nutmeg
Few gratings lemon rind

Line pie plate with paste. Pare, core and cut apples and fill the pie. Mix the dry ingredients and lemon juice, and sprinkle over apples. Dot over with butter. Wet edges of under crust, cover with upper crust, pressing the edges close together. Bake in a hot oven 40 to 45 minutes, or until fruit is cooked.

RHUBARB PIE

1 pint rhubarb
1 cup sugar
2 tablespoons flour
¼ teaspoon salt

Wash rhubarb, cut into ½-inch pieces. Mix with other ingredients. Line deep pie pan with pie crust. Fill with mixture, being careful not to heap up. Measure pan before mixing ingredients, so that no more may be prepared than pan will hold. May be covered with an upper crust, or barred with narrow strips of crust, or baked in lower crust only, and meringue added. In this case, 1 or 2 beaten egg yolks are usually mixed with rhubarb.

COOKIES

PEANUT COOKIES

2 tablespoons fat
1 cup sugar
2 eggs well-beaten
2 cups flour
2 teaspoons baking-powder
½ teaspoon salt
¼ cup milk
1 cup chopped peanuts
½ teaspoon lemon juice

Cream the fat, add sugar gradually, add well-beaten egg. Mix and sift baking-powder, salt and flour; add to first mixture. Then add milk, peanuts and lemon juice. Drop from tip of a spoon on a greased pan 1 inch apart. Place ½ peanut on top of each. Bake 12 to 15 minutes in a slow oven.

CHOCOLATE DROP COOKIES

¼ cup fat
1 cup light brown sugar
1 well-beaten egg
½ cup milk
1½ cup flour
½ teaspoon soda
2 squares melted chocolate
1 cup chopped nuts
1 teaspoon vanilla

Cream the shortening, add the brown sugar gradually, then the well-beaten egg, milk and the flour, mixed and sifted with the soda. Stir in the melted chocolate, chopped nuts and vanilla. Drop mixture by spoonfuls onto a well-buttered pan. Add nut meat, fruit and remaining flour. Drop by spoonfuls onto a greased tin, 1 inch apart, and bake in a moderately hot oven.

OATMEAL COOKIES

½ cup fat	2 cups oatmeal	1 teaspoon cinnamon
1 cup sugar	2 cups flour	½ teaspoon salt
2 beaten eggs	1 teaspoon soda	1 cup raisins
½ cup milk		

Cream the fat, add the sugar gradually and work until creamy. Add the well-beaten eggs, milk and oatmeal, the flour, soda, cinnamon and salt mixed and sifted, and the raisins. Drop by teaspoonfuls on a buttered pan. Bake in a hot oven.

BANGOR BROWNIES

½ cup melted shortening	2 square melted bitter chocolate	1 teaspoon baking-powder
1 cup molasses	1 cup flour	Few grains salt
1 egg		1 cup nuts

Sift flour, baking powder and salt together. Mix the ingredients in the order given and beat thoroughly. Spread the mixture evenly on a cake pan that has been lined with oiled paper. Bake about 15 minutes in a hot oven. Remove the paper from the cake as soon as it is taken from the oven and cut into small squares or strips with a sharp knife.

FRUIT

BROWN BETTY

2 tablespoons melted butter	4 sliced or chopped apples	Juice of one orange or add enough water to make ½ cup liquid
2 cups toasted bread crumbs	Grating from lemon or orange rind	⅓ cup sugar

Put the buttered crumbs into a baking dish in alternate layers with the apples, making the last layer of crumbs, and sprinkle each layer of apples with the fruit juice, water and sugar. Bake one hour; cover the dish the first half of cooking.

APPLE SNOW

¾ cup cooked apple	3 egg whites	Powdered sugar

Pare, quarter and core 4 sour apples. Steam until soft and rub through sieve. There should be ¾ cup cooked apple. Beat the whites of eggs until stiff; add gradually apples sweetened to taste. Pile lightly on a dish and serve with custard sauce. One tablespoon lemon juice may be added.

PRUNE SOUFFLE

½ cup chopped nuts	¼ teaspoon salt	1 cup prune pulp
½ cup grated bread crumbs	⅛ teaspoon cinnamon	2 eggs
2 tablespoons sugar	½ cup prune juice	Grated rind of 1 lemon
	1 tablespoon lemon juice	

Mix the first 6 ingredients. Remove the stones from the cooked prunes and force the pulp through a sieve. Add lemon juice and prune

pulp. Stir in dry ingredients. Add yolks of eggs beaten until light and lemon-colored. Fold in whites beaten until stiff. Turn into greased baking dish and bake in a slow oven.

COOKED RHUBARB

Wash peel and cut rhubarb in 1 inch pieces. If pink and tender, do not peel, as the color is much better if skin is left in. Add just enough water to keep from burning. When nearly done, add sugar to taste. Cook until tender.

STEWED PEARS

6 pears 8 tablespoons sugar 2 tablespoons lemon juice
2 cups boiling water

Pare and core fruit and place in cold water to prevent discoloration till ready to use. Make syrup, add fruit, cored side down. Boil gently until soft but not broken, add lemon juice just before done. Cook small quantity at a time.

EGG LEMONADE

1 egg Juice 1 lemon 3 tablespoons sugar
1 cup cold water

Beat egg thoroughly, add sugar and strained lemon juice. Add water gradually and stir until well mixed and serve cold.

FRUIT WHIP

4 tablespoons fruit pulp 2 tablespoons powdered Lemon juice to taste
White of 1 egg sugar

Beat white of egg until stiff, add pulp, sugar and lemon juice to taste. Beat until stiff. Serve with boiled custard.

BAKED APPLES

Select 6 smooth, uniform sized apples. Wash and core. Fill the centers with one tablespoon light brown sugar. Place in shallow pan, pour two-thirds cup boiling water about them, bake till tender, twenty to forty minutes according to size and variety of apples. Baste while baking. A little lemon juice or cinnamon may be added for flavor. Chopped nuts or raisins may be mixed with sugar for filling apples.

BAKED BANANAS

Wipe banana and loosen one section of skin, then replace. Place in shallow pan, cover and bake until skin is dark, when banana should be soft. Remove from skin, sprinkle with powdered sugar or serve with lemon sauce.

CRANBERRIES

1 quart cranberries 1 cup water 1¾ cups sugar

The general rule is: Use ½ as much water as cranberries. Add one-third as much sugar as cranberries.

Have water boiling. Add berries, cover, and cook till berries have burst outer skin. Add sugar and boil few minutes longer. Pour into mold. If desired, cranberries may be steamed before sugar is added.

PRUNES

Wash, soak overnight. Heat gradually in water in which they are soaked, and cook slowly (on back of range or over asbestos mat) closely covered, till skins are tender, letting water cook away till syrup is thick. They are best cooked in earthen jar, slowly, for 5 hours. Most prunes contain so much sugar that lemon juice improves the flavor. Seldom do they need sugar.

PINEAPPLE BETTY

½ of one medium pineapple	1 cup stale cake crumbs	2 tablespoons butter ¼ cup sugar ¾ cup boiling water

Cut the pineapple in ¼ inch slices and peel. Boil sugar and water for five minutes. Add pineapple and cook until tender. Butter a baking-pan, cover with cake crumbs, then a layer of pineapple drained from the juice. Dot with butter and add another layer of crumbs and pineapple. Have crumbs for top layer. Pour pineapple juice over and bake about 45 minutes in a moderate oven. Serve with hard sauce.

ORANGE OR PINEAPPLE BAVARIAN CREAM

1 tablespoon granulated gelatine	1 cup orange juice or 1 cup grated pineapple	½ cup sugar 1 cup thick cream
¼ cup cold water	Juice of ½ a lemon	Sprinkle of salt

Prepare as for jelly, placing over boiling water to dissolve gelatine. Set in cold place and stir until it begins to thicken. Whip cream, and beat cream, evenly, into gelatine mixture, part at a time. When chilled enough to hold its shape, turn into mold.

INVALID COOKERY

Food for invalids is usually classified as:

Liquid, including milk, cream soups and broth.

Soft, including soft cooked eggs, milk toast and custards.

Solid, including cereals, eggs, meat, vegetables and desserts.

The tray should be made as attractive as possible, never overcrowded. Cover it with a fresh napkin and use the daintiest china the household affords.

Fruit beverages and beef tea, though not especially nourishing, are useful stimulants to the jaded appetite.

Toast should be cut thin and crisped all through. It may be softened with hot milk or water. Cereals should be thoroughly cooked.

Cream soups add variety to the milk diet.

Gelatines and ices furnish a tempting means of serving liquid foods in solid form.

If disease is contagious, wash all dishes alone and sterilize by allowing to stand in boiling water.

OATMEAL GRUEL

¼ cup rolled oats 1½ cups boiled water ¼ teaspoon salt

Add oatmeal mixed with salt to boiling water. Boil two minutes. Cook in double boiler one hour. Strain, bring to boiling point and add milk or cream to thin or thicken.

RICE GRUEL

1 tablespoon rice 1 cup milk

Wash rice, cover with cold water and let stand two hours. Drain, add milk and cook one and one-half hours in double boiler. Strain and season. Serve hot or cold.

TOAST WATER

Good in cases of nausea.

Two slices of bread toasted until thoroughly dextrinized, 1 cup boiling water.

Break toast in pieces, add water and allow to stand one hour. Strain through cheese cloth, season and serve hot or cold.

FRUIT BEVERAGE

For all fruit beverages use syrup rather than sugar. Proportions, three-fourths cup sugar and three-fourths cup hot water, cooked ten or twelve minutes. Cool and bottle.

1½ tablespoon syrup 3 to 4 cups cold water 2 tablespoons juice (strained)

Amount of syrup varies with juices used.

BEEF BROTH

2 pounds meat from the shoulder or shin 2 pounds bone 3 quarts cold water 1½ teaspoons salt

Cut the meat into small pieces and put it with the cracked bone into kettle and cover with cold water. Set in slow oven and cook from 8 to 12 hours. Strain through colander, add salt to taste and cool quickly. When cold remove the fat. Serve cold, as a jelly or heat to the simmering point, but do not boil.

NOTE.—Reheat in double boiler; not direct heat, as it coagulates albumen.

CHICKEN BROTH

Cut 2 pounds chicken into pieces; cover with 2 pints cold water; add 1 small onion, simmer three hours or until meat is tender. Remove meat, cool stock, remove fat, reheat and add ¾ cup cooked rice. Season and serve.

EGGNOG

1 egg (beaten till foamy but not too light) | 1 to 2 tablespoons sugar
Speck nutmeg and salt | ½ cup scalded milk

May be served hot or cold.

CODDLED EGGS

Allow ¼ cup milk for each slightly beaten egg. Cook mixture in a double boiler until thickened. Season with salt and pepper and serve on buttered toast.

EGG SCRAMBLED IN MILK

2 eggs
2 slices toast | ½ teaspoon salt
2 tablespoons milk | 1 teaspoon butter

Beat whites and yolks separately, add salt to yolks. Fold in whites. Add to hot milk and pour into a buttered pan. Cook until creamy, stirring and scraping from the bottom of the pan as it thickens.

SOFT CUSTARD

1 pint milk
2 eggs or 3 yolks | ¼ cup sugar
Flavoring | Speck of salt

Scald the milk in a double boiler. Beat the eggs and mix part of the milk with the eggs. Add to remainder of milk. Stir mixture constantly until it thickens sufficiently to coat the spoon and the foam disappears from the top. Add the sugar and salt, strain, cover, cool. Or the sugar may have been beaten in with eggs if desired. Add the flavoring when the custard is partly cooled.

FIRM CUSTARD

For this, the ingredients are the same and in the same proportion. Scald the milk, add the beaten eggs with which the sugar has been mixed. Add also salt and flavoring, which would better be ground cinnamon or nutmeg, rather than the liquid extracts. Strain into cups, rinsed in cold water, or into one mold. The custard may be either steamed over water or in a pan of water, or set in a pan of water and placed in the oven to bake. They are done when puffy on top and firm in center, or when a silver knife, inserted in the center, comes out clean.

JUNKET

2 cups milk
2 tablespoons sugar
½ teaspoon vanilla | 2 teaspoons rennet, or ½ junket tablet | 2 teaspoons lukewarm water

Heat the milk to lukewarm (99 degrees F.) in double boiler. Add sugar and flavoring, and stir until sugar is dissolved. Add rennet dissolved in water, and pour into dish from which custard is to be served. Let stand until cool and firm. Serve with cream, soft custard, fruit, or fruit syrup. Cinnamon, nutmeg, cocoanut, chocolate, cocoa, or other flavor may be substituted for vanilla.

BARLEY WATER

2 tablespoons barley 1 quart cold water

Wash barley, add water and let soak 4 hours. Cook in same water until water is reduced one-half, if to be used for infant feeding; for adults reduce liquid to 1 cup. Salt and cream or lemon juice and sugar may be added as the case requires.

RICE WATER

2 tablespoons rice 3 cups cold water Cream or milk
Salt for seasoning

Wash rice by placing in strainer and allowing cold water to run through. Soak 30 minutes in cold water, heat gradually to boiling point until rice is soft. Strain, reheat rice water, season with salt, and if too thick dilute with boiling water. Add milk or cream as the case may require.

OATMEAL WATER

2 tablespoons oatmeal 1 quart cold water

Cook slowly for about 2 hours, boiling down to a pint. Strain while hot and add enough cold boiled water to make 1 quart of fluid. Set aside in covered dish to cool.

ALBUMEN WATER

White 1 egg ½ cup cold water

Stir white of egg with silver fork until albumen is set free. Add water gradually while stirring. Strain and serve.

ORANGE ALBUMIN

White 1 egg ⅓ cup orange juice Syrup

Stir white of egg with silver fork, add orange juice gradually and a little cold water. Strain and add syrup if necessary.

PEPTONIZED MILK

1 tube Peptonizing Powder ½ cup cold water 1 pint fresh milk

Put powder into a sterilized quart bottle, add water, and shake until powder is dissolved; add milk, shake and place on ice. Use as needed, always keeping remainder covered on ice.

Peptonized milk may be served warm by putting bottle in vessel of water (115 F.) and keeping at the same temperature 10 minutes. Serve immediately.

ALBUMENIZED MILK

White of 1 egg ½ cup milk Few grains salt

Stir egg, using silver fork. Add milk gradually and salt, stirring white constantly. Strain and serve.

FISH

Tuna fish or salmon, plain or mixed with salad dressing.
Sardines, minced, with lemon juice added.

EGG

Hard cooked, chopped and mixed with salad dressing.
Scrambled, plain or in milk, or, with bits of chopped bacon.

CHEESE

Creamed cheese with chopped nuts, olives, or peppers, or a combination of these.

Sliced cheese mixed with cream or salad dressing and used with rye bread.

Cottage cheese with onions and cream or salad dressing used with brown bread. Pimento may also be added.

Add chopped sweet or sour pickle to well-seasoned fresh cottage cheese.

Add chopped English walnuts to cottage cheese. This will make a dark filling but a good flavor.

Chopped parsley, cottage cheese and salad dressing.

FRUIT

Date combination.

Chopped dates 6, butter 2 teaspoons, orange or lemon juice, few drops (2 sandwiches.)

Wash raisins and dates and put through chopper. Add a little salt, equal amount or more of peanut butter, syrup and a few drops of lemon juice. Lemon extract may replace lemon juice. Mix well.

(NOTE.—Cooked prune pulp may replace dates.)

Chop dates, add little sweet fruit juice, heat and rub to a smooth paste. Add shredded cocoanut and a few chopped nuts and orange or lemon juice. (Excellent with brown bread.)

Jams and jellies.

Ripe bananas mixed with chopped peanuts or peanut butter.

VEGETABLE

Plain lettuce with salad dressing.

Sliced tomato with salad dressing, or lettuce and tomato.

A small amount of diced, pickled cucumber with cottage cheese.

Pickled beets, chopped and mixed with cottage cheese.

Chopped celery, apple, nuts or olives (any proportion preferred), salad dressing.

Mixed pickle, sour or sweet, with chopped egg.

Mashed left-over beans or rubbed through colander, mixed with tomato sauce or salad dressing and chopped sour pickle or green pepper relish.

ADDITIONAL LUNCH BOX SUGGESTIONS

Hard-cooked eggs are frequently used. As a variation, the yolk may be removed, seasoned with salt, pepper, mixed with salad dressing and put back in the white. See Deviled Eggs Recipe pp. 40.

In addition to the sandwiches, there should be some fresh juicy fruit or vegetable, as apples, apple sauce, peaches, oranges, lettuce, tomatoes, celery.

Vegetable salads, such as potato salad, Boston baked beans and potato chips add variety to the lunch of the adult, but are not suitable for the child's meal away from home.

A bottle of milk should be included in the lunch boxes of school children.

For dessert, nuts and raisins, a few dates or figs are better and easier to carry than some other forms of desserts.

Custards, with varied flavorings, cereal puddings, and gelatine puddings are also good. These may be made in individual cups and packed in the lunch box.

Plain cookies, date or raisin cookies or sponge cake may be added as a dessert. Pie, pickles, doughnuts or griddle cakes, or rich cakes should not be included in the school lunch box.

SUGGESTED COLD LUNCHES

FOR INDUSTRIAL WORKERS

1 minced ham sandwich with white bread
1 Swiss cheese sandwich with rye bread
1 whole tomato
1 apple
1 cup coffee (in thermos)

---

2 broiled bacon sandwiches on whole wheat bread
1 jam sandwich, on white bread
Celery
1 doughnut
1 bottle milk

---

2 salmon sandwiches on rye bread
1 lettuce sandwich on whole wheat bread
Potato chips
1 orange
2 cookies
1 bottle of milk

FOR SCHOOL CHILDREN

1 cottage cheese sandwich on brown bread
1 jelly sandwich on white bread
1 orange
2 cookies
½ pint bottle of milk

---

1 egg sandwich on whole wheat bread
1 raisin sandwich on white bread
Celery
1 cup custard

---

1 slice meat loaf
2 whole wheat bread-and-butter sandwiches
1 baked apple
Small frosted cake

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